



# **Minnesota's Statewide Health Improvement Partnership (SHIP)**

**Report to the Minnesota Legislature  
Fiscal Year 2016-17**

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Report to the Minnesota Legislature: Fiscal Year 2016-17

Minnesota Department of Health  
Office of Statewide Health Improvement Initiatives  
PO Box 64882  
St. Paul, MN 55164-0882  
651-201-5443  
[www.health.state.mn.us/ship](http://www.health.state.mn.us/ship)

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## TABLE OF CONTENTS

Executive Summary .....	8
Demonstrating the impact of SHIP.....	8
Summary of SHIP reach and results .....	9
Part 1: Minnesota’s Statewide Health Improvement Partnership (SHIP) .....	11
Creating better health together across Minnesota .....	11
SHIP funding .....	11
Where SHIP works.....	12
SHIP partners.....	12
Part 2: Why SHIP matters .....	14
The need for chronic disease prevention.....	14
The cost of obesity and smoking in Minnesota .....	14
Minnesota’s obesity rate continues to be lower than neighboring states .....	15
Tobacco use continues to decline in Minnesota.....	15
There’s more work to be done.....	16
Part 3: Leveraging community connections, increasing community investments .	17
Examples of how SHIP leverages funding across Minnesota.....	17
Super Bowl Legacy Grants.....	18
Part 4: Building local capacity.....	20
Supporting additional technical assistance needs .....	20
Part 5: Evaluating SHIP .....	24
Assessing the breadth and scope of SHIP’s work statewide.....	24
Capturing policy, systems and environmental changes.....	24
Demonstrating SHIP’s impact.....	25
Results of SHIP focused evaluation studies.....	26
Helping grantees dive deeper into the root causes of health disparities.....	28
Monitoring obesity and tobacco use rates .....	28
Using evaluation data to inform SHIP work and share outcomes .....	28
Part 6: SHIP results and impacts.....	30
Active Living: Creating more active places and spaces .....	30

Child Care: Getting kids off to a healthy start .....	31
Health Care: Linking providers and community organizations .....	32
Healthy Eating: Expanding access to healthy foods .....	33
Schools: Helping kids eat healthier and move more.....	35
Tobacco: Working to reduce the harms of commercial tobacco.....	36
Workplace Wellness: Creating a culture of health .....	37
Part 7: Tribal SHIP .....	39
Culturally based approaches .....	39
Grantees .....	40
Providing technical assistance through the American Indian Cancer Foundation .....	46
Capturing the impact of Tribal SHIP .....	47
Part 8: Menthol Cigarette Intervention Grant .....	48
Local survey assesses menthol perceptions and attitudes .....	48
Part 9: Dementia.....	50
Part 10: Looking Ahead.....	51
SHIP opioid work .....	51
Health Care Access Fund .....	51
Appendix A: Grantee funding levels.....	52
Appendix B: Grantee case studies .....	54
Aitkin, Carlton, Cook, Itasca, Koochiching, Lake and St. Louis Counties (Healthy Northland) .....	54
Anoka County .....	55
Becker, Clay, Otter Tail and Wilkin Counties (PartnerSHIP 4 Health) .....	56
Beltrami, Clearwater, Hubbard and Lake of the Woods Counties (North Country Health Alliance) .....	57
Benton County.....	58
Big Stone, Chippewa, Lac qui Parle, Swift and Yellow Medicine Counties (Countryside Public Health).....	59
Bloomington, Edina and Richfield .....	60
Blue Earth County (BE WELL) .....	61

Brown, Nicollet, Le Sueur and Waseca Counties .....	62
Carver County.....	63
Cass County (LiveHealthy Cass County) .....	64
Chisago County.....	65
Cottonwood, Jackson and Nobles Counties (Des Moines Valley Health and Human Services).....	66
Crow Wing County.....	67
Dakota County.....	68
Dodge and Steele Counties .....	69
Douglas, Grant, Pope, Stevens and Traverse Counties (Horizon SHIP).....	70
Faribault, Martin and Watonwan Counties .....	71
Fillmore and Houston Counties.....	72
Freeborn County .....	73
Goodhue County .....	74
Hennepin County.....	75
Isanti, Kanabec, Mille Lacs and Pine Counties (Partners in Healthy Living).....	76
Kandiyohi and Renville Counties.....	77
Kittson, Marshall, Pennington, Red Lake and Roseau Counties (Quin) .....	78
Lincoln, Lyon, Murray, Pipestone, Redwood and Rock Counties (A Healthier Southwest – Southwest Health and Human Services).....	79
Meeker, McLeod and Sibley Counties.....	80
Minneapolis.....	81
Morrison, Todd and Wadena Counties (Health4Life) .....	82
Mower County.....	83
Olmsted County.....	84
Polk, Mahnommen and Norman Counties.....	85
Rice County.....	86
Saint Paul – Ramsey County .....	87
Scott County .....	88
Sherburne County (Sherburne Strong) .....	89

Stearns County (Healthy Communities Stearns County) .....	90
Wabasha County .....	91
Washington County (Living Healthy in Washington County) .....	92
Winona County.....	93
Wright County (Live Wright) .....	94
References .....	96



*Protecting, Maintaining and Improving the Health of All Minnesotans*

March 6, 2018

Dear Legislators:

Thanks to the collective impact of work in all 87 counties and 10 tribal nations, communities across Minnesota are embracing the Statewide Health Improvement Partnership (SHIP) as a way to expand opportunities for residents to be healthier.

Since 2009, Minnesota has been investing in community-driven solutions through SHIP, which is designed to improve the health of all Minnesotans by reducing the risk factors that contribute to chronic disease and increasing opportunities for active living, healthy eating and tobacco-free living.

Because of SHIP, communities are building their capacity to improve health. SHIP communities are expanding access to local produce at farmers markets, serving healthier foods and increasing physical activity opportunities at schools and child care facilities and leveraging resources to improve biking and walking. SHIP communities are also taking steps to make housing units smoke free, helping residents quit smoking and protecting our younger generation from the harms of tobacco products. In addition, they are helping employers improve workers' health and productivity, building stronger bonds between health care providers and communities to improve the health of patients, and more.

We have more work to do. The cause of America's obesity epidemic is complex, and there are no simple solutions. The state and its community partners need to work persistently to address those factors that are known to contribute to obesity. Among Minnesota's best tools for doing that are prevention strategies like SHIP.

Despite declines in tobacco use overall, significant disparities remain among populations historically targeted by the tobacco industry. Many communities still use tobacco at significantly higher rates. In addition, many young people are using new and flavored products, like e-cigarettes. Nicotine, found in these products, is highly addictive and harmful to the adolescent brain.

An investment in SHIP is vital to Minnesota because it is building a foundation for the future where communities are connected and can leverage resources for an even greater impact on health and health care. SHIP helps residents live healthier lives and reduces health care costs through low-cost, prevention strategies. With SHIP and other community-based efforts that focus on prevention, we can reduce the burden that chronic disease has on our state and, with our partners, create better health together.

I am optimistic that we can continue our momentum across the state and together with our partners, ensure that SHIP will help Minnesota build healthier, more vibrant communities – places where all residents have an opportunity to reach their full potential.

Sincerely,

A handwritten signature in black ink, appearing to read 'Jan K. Malcolm'.

Jan K. Malcolm  
Commissioner  
Minnesota Department of Health

# Executive Summary

Healthier communities create opportunities for all Minnesotans to live longer, healthier lives. From Ada to Zumbrota, Minnesotans are embracing ways to make our communities healthier by working with the Statewide Health Improvement Partnership (SHIP).

Thanks to SHIP, communities and tribal nations across the state are working together to expand opportunities for active living, healthy eating and tobacco-free living. SHIP is designed to improve health by reducing the risk factors that contribute to chronic disease, thereby reducing health care costs. Minnesotans with diagnosed chronic conditions accounted for 83 percent of all medical spending in the state in 2012.<sup>1</sup>

Recognizing that good health is created where we live, work, learn and play, SHIP focuses on creating sustainable changes, looking upstream for solutions that create better health. By working in partnership with grantees, the Office of Statewide Health Improvement Initiatives (OSHII) is strengthening a network of community-driven initiatives across Minnesota through technical assistance, resources, training, networking and evaluation.

The cause of America's obesity epidemic is complex, and there are no simple solutions. The state and its partners need to work persistently to address those factors that are known to contribute to obesity. Prevention strategies like SHIP are among the most effective approaches for achieving these aims.

Despite declines in tobacco use overall, significant disparities remain among populations historically targeted by the tobacco industry. Many communities still use tobacco at significantly higher rates. In addition, many young people are using new and flavored products, like e-cigarettes. Nicotine, found in these products, is highly addictive and harmful to the adolescent brain.

**An investment in SHIP is vital to Minnesota because it helps residents live healthier lives and reduces health care costs through low-cost, prevention strategies.** With SHIP and other community-based efforts that focus on prevention, we can reduce the burden that chronic disease has on our state and, with our partners, create better health together.

## Demonstrating the impact of SHIP

One way that OSHII demonstrates the impact of SHIP is through focused evaluation studies, which assess the impact of SHIP's evidence-based activities in Minnesota by measuring behavioral outcomes and other effects of policy, systems and environmental changes made by SHIP partners.

To date, SHIP focused evaluation studies have measured the impact of implementing smoke-free policies within multi-housing units; training child care providers on best practices to support infant and early childhood healthy eating and physical activity; and implementing active school strategies in elementary schools.

The following provides highlights of the three studies:

**Smoke-free housing policies.** SHIP worked with residents and property managers of 12 multi-unit public housing sites to implement smoke-free policies for all indoor areas. The policies resulted in smokers cutting back or quitting smoking and in cleaner indoor air, improving the health of all residents.

**Child care training and coaching.** SHIP worked with care providers to implement best practices for healthy eating (including breastfeeding) and active play time for children in their care. After participating in training and coaching available through SHIP, child care providers gave children healthier food and more time to be active, establishing healthy habits.

**Active school strategies.** SHIP worked with 14 schools to implement evidence-based strategies to increase physical activity before, during and after school. Physical activity improved students' health and helped them concentrate in the classroom. At the end of the study, 74 percent of students met recommendations for aerobic fitness.

In the future, OSHII will measure or model the impact SHIP work has on health outcomes and cost.

## Summary of SHIP reach and results

Here is a summary of SHIP reach and results during the Fiscal Year 2016-17 biennium:

### Healthy Eating

- 609 community partners made changes to increase access to healthy foods through farmers markets, food shelves, food retailers, food policy councils, community based-agriculture sites and local planning efforts (like comprehensive plans).
- 316 food venues made changes such as updating vendor contracts to include more healthy options or updating storage or display equipment to stock fresh foods, making it easier for more than 719,000 people across Minnesota to have healthy food options.
- 76 farmers markets made changes such as adding more producers or accepting SNAP/EBT to improve healthy food access. In just the past year, Minnesotans made over 328,000 visits to farmers markets that are partnering with SHIP.
- 112 community partners improved healthy food access at food shelves, with over 50 percent making changes to improve food storage or healthy food preparation.

### Schools

- 304 schools and districts made policy changes and lunchroom improvements to support healthy food choices, reaching 156,406 students.
- 243 schools and school districts created policies and systems to make school food environments healthier, from concessions to celebrations, reaching 94,609 students.

- 214 schools and districts invested in training and equipment to get 77,609 students more active during recess.
- 251 schools and districts integrated movement into classroom activities throughout the day, reaching 104,561 students.

### **Tobacco**

- 278 properties implemented smoke-free housing policies, protecting more than 24,000 Minnesotans from secondhand smoke in their homes.
- 9 communities passed point-of-sale policies, helping to reduce access to tobacco for 133,343 people. An additional 34 communities are working toward policy change.

### **Workplace Wellness**

- 225 workplaces implemented changes that make it easier for their 108,127 employees to be physically active at work.
- 211 employers implemented changes that encourage healthy eating in the workplace, affecting 41,088 employees.

### **Active Living**

- SHIP communities worked to include language prioritizing health by addressing active living in 48 comprehensive and master plans completed across the state, with another 45 plans in progress.
- 115 communities were successful in making a change to increase access to facilities for walking and biking. Residents now have access to 40 new or improved bike lanes, 31 new or improved sidewalks, 42 new or improved crosswalks, and 51 enhancements to signage and lighting.

### **Child Care**

- 309 child care providers improved policies and practices for healthy eating, physical activity and breastfeeding support, benefitting 10,127 children.

### **Health Care**

- 33 health care partners changed how they screen, counsel, refer and follow up on referrals with patients to help prevent and address adult obesity and related chronic diseases.
- 20 health care partners changed how they screen, counsel, refer and follow up on referrals to help patients quit smoking.
- 31 health care partners increased support to breastfeeding moms to promote early childhood health and prevent obesity.

# Part 1: Minnesota's Statewide Health Improvement Partnership (SHIP)

## Creating better health together across Minnesota

In 2008, Minnesota lawmakers recognized that controlling health care costs would require more than just changes in medical care – additional investments in prevention were needed. With bipartisan support in the legislature, Minnesota passed a groundbreaking health reform law.

The law launched the Statewide Health Improvement Partnership (SHIP), which invests in preventing chronic diseases before they start. SHIP is designed to improve health of all Minnesotans by reducing risk factors that contribute to chronic disease, thereby reducing health care costs. Local and tribal public health staff work in partnership with schools, child care business owners, businesses, housing owners/managers, farmers, senior organizations, hospitals, clinics, local governments, faith communities and many more community organizations. Those local partnerships leverage other community resources to improve health and better serve Minnesotans.

The causes of chronic disease stem from more than just individual actions. Social and environmental conditions – such as neighborhood safety, isolation, poverty, access to employment and education, and more – also contribute to opportunities to be healthy.

**SHIP's goal is to help Minnesota build healthier, more vibrant communities** – places where all residents have an opportunity to reach their full potential.

Recognizing that good health is created where we live, work, learn and play, SHIP focuses on helping communities make sustainable policy, systems and environmental (PSE) changes that expand opportunities for residents to eat healthier, be more active and live without the harms of commercial tobacco smoke and exposure to secondhand smoke.

Creating sustainable change is a core feature of SHIP's work – SHIP looks upstream for solutions that create opportunities for better health, especially in communities that are facing the greatest health disparities.

SHIP's goal is to help Minnesota build healthier, more vibrant communities – places where all residents have an opportunity to reach their full potential.

## SHIP funding

State funding has fluctuated since SHIP's inception. Here is the funding history:

### **Fiscal Year 2010-11 Biennium: \$47 million**

Grants were awarded to 53 Community Health Boards and two Tribal Governments (representing eight nations).

Grant cycle: July 1, 2009 – Dec. 31, 2011

## Fiscal Year 2012-13 Biennium: \$15 million

Grants were awarded to 17 Community Health Boards and the Leech Lake Tribal Government.  
Grant cycle: Jan. 1, 2012 – Oct. 31, 2013

## Fiscal Year 2014-15 Biennium: \$35 million

Grants were awarded to 38 Community Health Boards and 10 Tribal Governments.  
SHIP grant cycle: Nov. 1, 2013 – Oct. 31, 2015  
Tribal SHIP grant cycle: Nov. 1, 2014 – Oct. 31, 2019

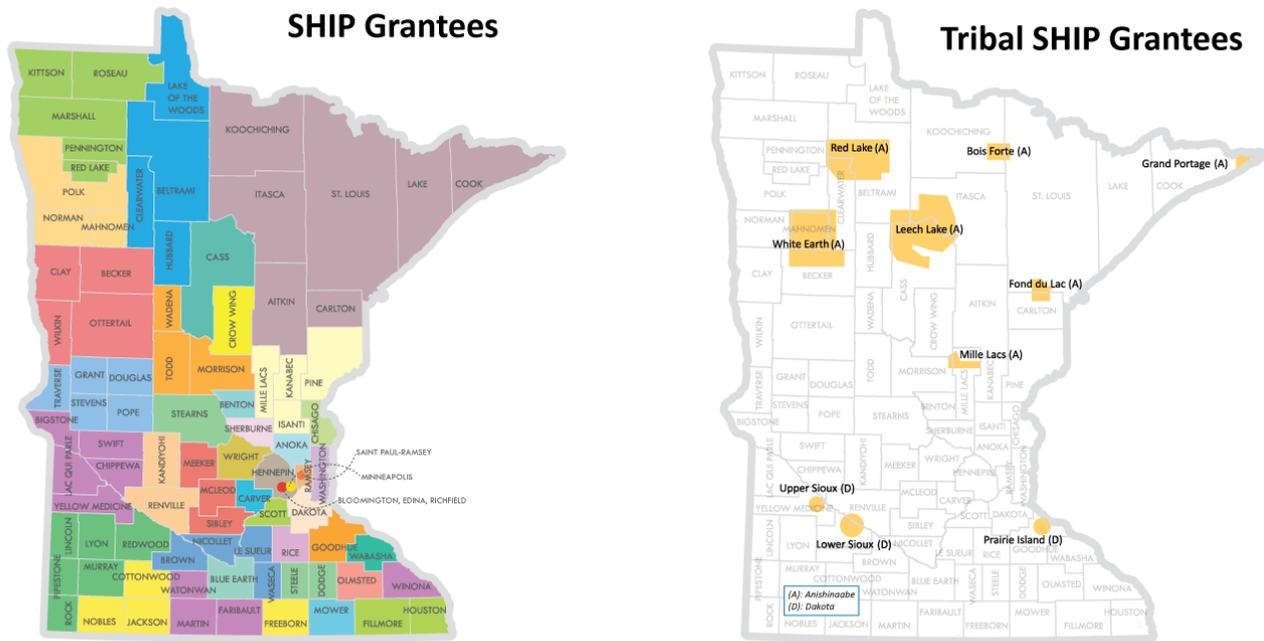
## Fiscal Year 2016-17 Biennium: \$35 million

Grants were awarded to 41 Community Health Boards and 10 Tribal Governments.  
SHIP grant cycle: Nov. 1, 2015 – Oct. 31, 2020  
Tribal SHIP grant cycle: Nov. 1, 2014 – Oct. 31, 2019

Grants are determined by using a base amount plus per capita formula. In addition, CHB grantees receive a \$10,000 per county incentive for CHBs that partner to work on SHIP (see Appendix A).

## Where SHIP works

SHIP is active in all 87 counties and 10 tribal nations.



## SHIP partners

SHIP is built on strong connections between local public health agencies and community partners. Partner sites, which are locations where SHIP strategies are being implemented, include schools, child

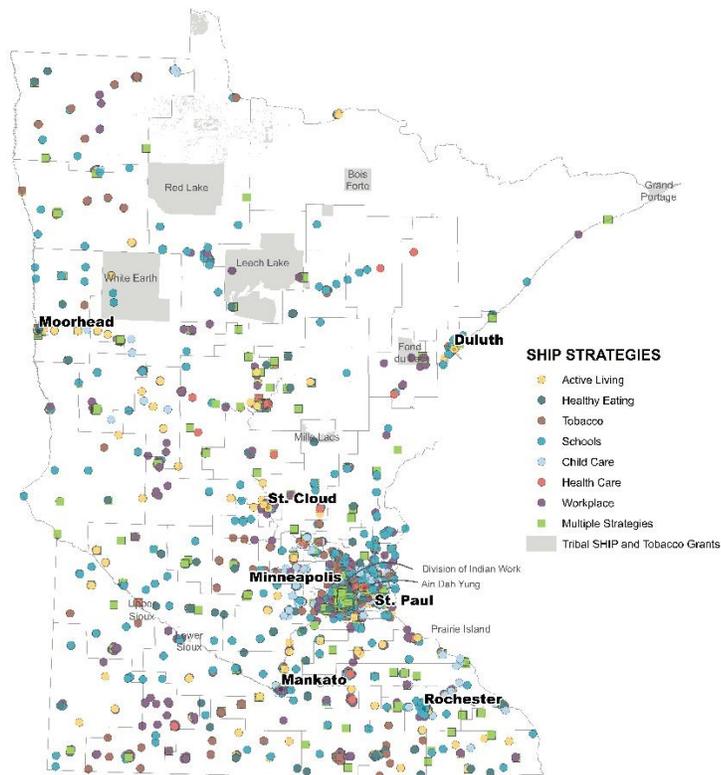
care settings, workplaces, health care settings, community-based organizations, multi-unit apartments, faith and cultural organizations, and local jurisdictions such as cities and counties.

## 4,127 partner sites

Over the biennium, SHIP grantees worked with 4,127 partner sites across Minnesota.

SHIP grantees also worked with more than 2,100 collaborative and supportive partners during the same time period.

### SHIP Partner Sites, August 2016-September 2017



**Collaborative partners** are coalitions or initiatives for shared learning or networking. Examples include breastfeeding coalitions, active living committees, community-based agriculture advisory committees and workplace wellness collaboratives.

**Supportive partners** are organizations that support policy, systems and environmental work at partner sites. Examples include University of Minnesota Extension, hospitals and health plans that provide funding or promote SHIP activities; churches or community centers that donate space or volunteer time; and community groups that engage residents or promote SHIP.

## Part 2: Why SHIP matters

### The need for chronic disease prevention

According to the Centers for Disease Control and Prevention (CDC), chronic diseases and conditions such as heart disease, stroke, cancer, type 2 diabetes, obesity and arthritis, are among the most common, costly and preventable of all health problems in the U.S.

In Minnesota, cancer, heart disease, stroke and diabetes are among the leading causes of death.<sup>2</sup>

Lack of physical activity, poor nutrition and use of commercial tobacco products are modifiable health risk factors that are responsible for illness, suffering and early death related to chronic diseases.

Beyond the personal toll chronic diseases can have on our families, treating chronic diseases takes a financial toll. In 2012, Minnesota's total bill for chronic disease was nearly \$23 billion. That works out to an annual average for payers, insurers and individuals of \$12,800 for each insured resident with one or more chronic disease, such as diabetes, asthma or congestive heart failure. That is nearly eight times the \$1,600 average spending associated with an insured resident without a chronic condition.<sup>3</sup>

**An investment in SHIP is vital to Minnesota because it helps residents live healthier lives and reduces health care costs** through low-cost, prevention strategies. With SHIP and other community-based efforts in Minnesota that focus on prevention, we can reduce the burden that chronic disease has on our state and, with our partners, create better health together.

**Chronic disease spending over the long term is expected to increase dramatically.** A study by the Minnesota Department of Health projects that health care spending for select chronic conditions and smoking exposure over a 10-year window will climb between 25 percent for obesity and 65 percent for chronic conditions among the 60+ population.<sup>4</sup>

The dramatic projected growth in treatment costs reinforces the fact that Minnesota will not be able to treat its way out of this crisis. By investing in a wide range of prevention efforts, including those that improve community health, Minnesota is starting to see signs of progress. Those efforts must continue or the state will see health care costs for chronic conditions rise to where they become unsustainable.

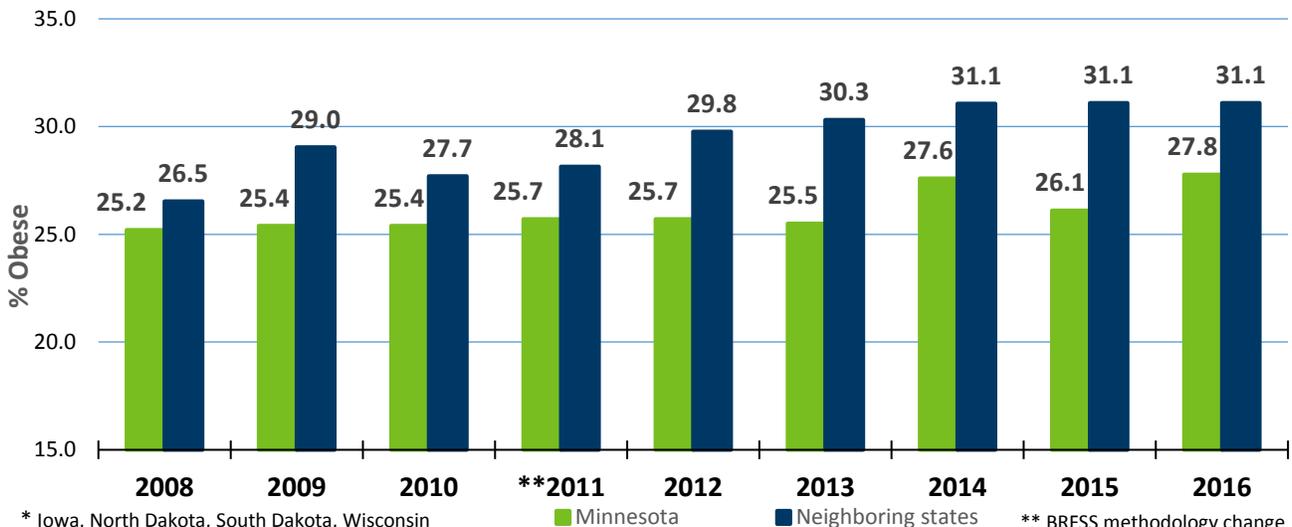
### The cost of obesity and smoking in Minnesota

- In Minnesota, medical expenses due to obesity were estimated to be \$2.8 billion in 2009 dollars.<sup>5</sup>
- Tobacco use kills 6,312 Minnesotans every year and costs the state \$3.2 billion annually in medical costs.<sup>6</sup>

## Minnesota's obesity rate continues to be lower than neighboring states

The Minnesota adult rate of obesity of 27.8 percent in 2016 was lower than the median U.S. obesity rate of 29.9 percent. Minnesota's obesity rate continues a historic trend of being lower than other Midwestern states including the neighboring states of Iowa, North Dakota, South Dakota and Wisconsin.<sup>7</sup>

**Obesity Rates: Minnesota vs. Neighboring States\***



\* Iowa, North Dakota, South Dakota, Wisconsin

■ Minnesota

■ Neighboring states

\*\* BRFSS methodology change

Minnesota's obesity rate difference was statistically significant than neighboring states in 2009 and from 2011 to 2016

Physical activity has a significant influence on Minnesota's obesity rates. According to 2016 data, Minnesotans who reported some physical activity in the past 30 days had a lower obesity rate than those who did not (25.6 percent compared with 37.9 percent, respectively).

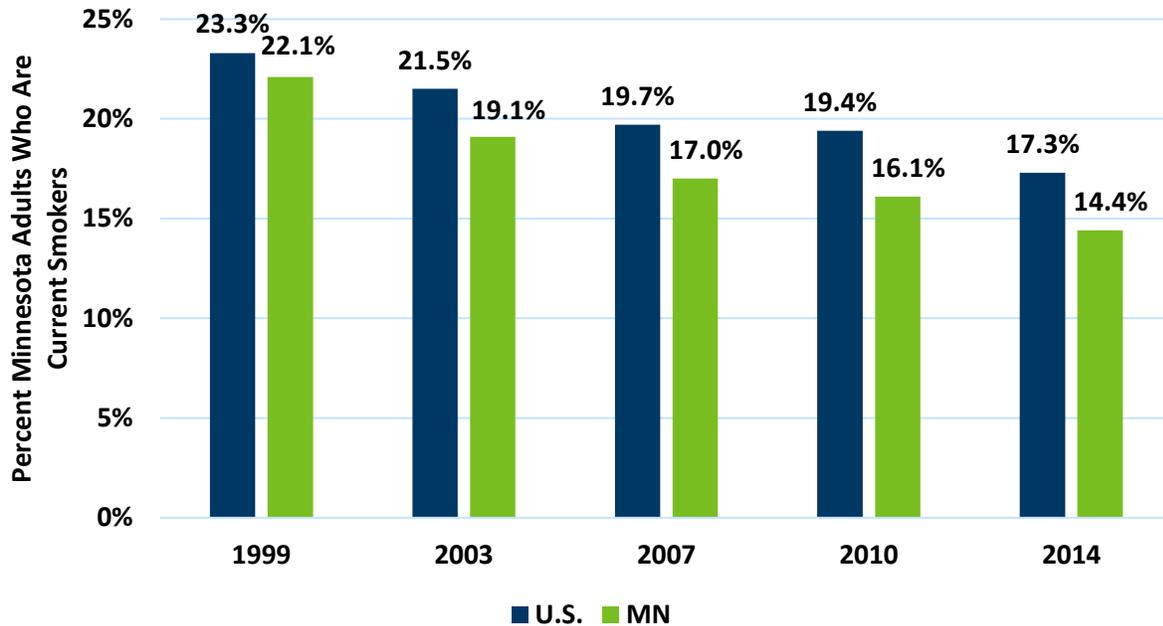
Economic well-being affects obesity. Based on 2015 data from the Centers for Disease Control and Prevention, Minnesotans who rarely worried or stressed about having enough money for housing and nutritious meals had an obesity rate of about 25 percent compared to a 33 percent obesity rate for Minnesotans who were stressed about money for food and housing.<sup>8</sup>

## Tobacco use continues to decline in Minnesota

Thanks to effective, evidence-based strategies and policies that ensure clean indoor air and keep tobacco prices high, Minnesota's smoking rates are the lowest ever recorded.

Among adults, smoking fell from 16.1 percent in 2010 to 14.4 percent in 2014. Among 11th graders, smoking fell from 12.2 percent in 2013 to 8.4 percent in 2016.<sup>9, 10</sup>

**Adult Smoking Prevalence in Minnesota and Nationally, 1999-2014**



## There's more work to be done

The cause of America's obesity epidemic is complex, and there are no simple solutions. The state and its partners need to work persistently to address those factors that are known to contribute to obesity. Among Minnesota's best tools for doing that are prevention strategies like SHIP.

Despite declines in tobacco use overall, significant disparities remain among populations historically targeted by the tobacco industry. Many communities still use tobacco at significantly higher rates. In addition, many young people are using new and flavored products, like e-cigarettes. Nicotine, found in these products, is highly addictive and harmful to the adolescent brain.

An investment in SHIP is vital to Minnesota because it helps residents live healthier lives and reduces health care costs through low-cost, prevention strategies. With SHIP and other community-based efforts that focus on prevention, we can reduce the burden that chronic disease has on our state and, with our partners, create better health together.

## Part 3: Leveraging community connections, increasing community investments

SHIP inspires broad-based community action by bringing key stakeholders together and advancing community conversations on how to make a community healthier.

**SHIP is a connector.** Relationships and networks at the local level can lead to additional funding sources, new access to experts and bridges to other resources that advance health improvement efforts.

**SHIP advances leadership for health.** Each grantee convenes a Community Leadership Team (CLT), which includes representatives from schools, businesses, housing owners/managers, farmers, community groups, senior organizations, hospitals, clinics, planning entities, Chambers of Commerce, faith communities and more. CLT members bring their organizations' expertise and connections to the table to create solutions to community-identified problems. They also report that they strengthen their ability to advance health through building new partnerships with other members of the CLT and by learning new things to take back to their organization. As of this writing, there are 809 active members of 52 CLTs (some grantees convene multiple CLTs that cover distinct geographic areas within their jurisdiction).

**SHIP seizes opportunities to leverage funding.** SHIP grantees are successful at making the case for additional funding to support their community partners, further expanding efforts to build vital, healthy communities. Grantees assist partners in grant writing and making the right connections that spur significant new investments in their communities.

### FY 16-17 SHIP leveraged funds = \$16.6 million

For every dollar awarded to grantees, an additional 60 cents was leveraged through local partnerships.

The total leveraged funds amount does not include grants SHIP partners received through the Super Bowl LII Legacy Grant Committee (see below for more information on Super Bowl grants).

## Examples of how SHIP leverages funding across Minnesota

### Bloomington, Edina, Richfield

The Center for Prevention at Blue Cross and Blue Shield of Minnesota awarded \$80,000 to the Latino Childcare Provider Network for ongoing program support, evaluation and sustainability planning.

### Countryside Public Health

The Yellow Medicine East School District received a \$100,000 grant from the Bush Foundation to support construction of the district's state-of-the-art, energy-efficient greenhouse. The facility will provide for hands-on learning and a chance to grow produce to sell back to the community and to support Farm to School efforts.

## **Dakota County**

The City of Burnsville received a \$150,000 grant from the Department of Natural Resources to construct the Rose Bluff trail connection.

## **Freeborn County**

Freeborn County received a \$250,000 Drug Free Communities Support Program grant from the Office of National Drug Control Policy and the Substance Abuse and Mental Health Services Administration. This funding is used to provide alcohol, tobacco and other drug prevention efforts to help reduce substance abuse among Freeborn County youth.

## **Healthy Northland**

Healthy Northland received funds from the Center for Prevention at Blue Cross and Blue Shield of Minnesota to support efforts in Cook (\$255,000) and Itasca counties (\$245,000).

In Cook County, funds are supporting the Moving Matters project through the Sawtooth Mountain Clinic, which is working to create safer and more accessible walking and biking routes for all people. It also supports the Food Matters project, working to increase seasonal, local, and healthier meals through group feeding programs in Cook County and Grand Portage, and other healthy eating initiatives.

In Itasca County, the funds will increase healthy foods, food access and active transportation opportunities in Grand Rapids, LaPrairie and at Itasca Community College.

## **Morrison, Todd and Wadena counties**

The Hilltop Regional Kitchen project received more than \$1 million in additional funding, including a grant from the Minnesota Department of Human Services Live Well at Home program; the National Joint Powers Alliance; the South Country Health Alliance; the United States Department of Agriculture Rural Development; and local fundraising.

## **Super Bowl Legacy Grants**

As part of the preparation to Super Bowl LII held February in Minneapolis, the Super Bowl Host Committee announced weekly grants to communities across Minnesota to support health and wellness initiatives for youth.

MDH and SHIP worked with the Super Bowl LII Legacy Grant Committee to help identify eligible initiatives. With its statewide reach and presence in every county in the state, SHIP was in an ideal position to connect Community Leadership Teams with the Super Bowl grant opportunity. Grants ranged from \$30,000 to \$100,000, depending on project goals.

MDH alerted its SHIP grantees, and local communities and SHIP staff convened local stakeholders and partners to identify capital investment opportunities that would advance the Legacy Fund's mission.

Many of the grants have gone to SHIP partners across the state. The Super Bowl grants were one-time, capital investments that didn't duplicate ongoing SHIP efforts.

## Part 4: Building local capacity

The Department of Health's Office of Statewide Health Improvement Initiatives (OSHII) serves to strengthen a network of community-driven SHIP initiatives across Minnesota through technical assistance, resources, training, networking and evaluation. This approach supports the spread of innovation to achieve statewide impacts in health improvement.

OSHII staff and contracted technical assistance and training providers help grantees build capacity to advance their local work. OSHII takes a multi-layered approach to support learning across the state and across communities, offering a variety of delivery methods, including:

- One-on-one consultations
- Regional meetings three times a year and one statewide convening
- Workshops and trainings
- Webinars
- Conference calls and e-learning opportunities
- Print and video resources

In addition, OSHII connects grantees with each other to ensure that best practices and resources are shared through an online network of SHIP grantees and OSHII staff.

### Supporting additional technical assistance needs

Contracted technical services cover additional grantee needs. Following is a summary.

#### ***Active Living***

##### **Bike Alliance of Minnesota**

- Develop bike friendly toolkits
- Develop, conduct and participate in webinars
- Respond to technical assistance questions
- Provide support to Bicycle Friendly Communities to help maintain designations and increase local participation

#### ***Communications***

##### **Creation in Common**

- Conduct study and analysis of SHIP's communications approach and materials
- Get feedback on communications approaches with grantees and key stakeholders through webinars and group meetings

## **Kinsale Communications**

- Provide communications and media training workshops (both in person and through webinars) to build communications capacity of grantees
- Develop materials and handouts for trainings
- Work one-on-one with targeted grantees to increase communications and media relations skills

## ***Community Engagement***

### **Nexus Community Partners: Institute for Community Engagement**

- Provide a Community Engagement Assessment tool
- Train MDH staff to coach grantees to utilize the tool in support of engagement activities
- Develop materials to support engagement of communities experiencing the greatest health disparities

## ***Health Care***

### **CHW Solutions**

- Coordinate and recruit participants for the Minnesota Partnership on Pediatric Obesity Care and Coverage's learning collaborative to increase knowledge of formats, content and sustainability approaches of effective community-based pediatric obesity services in Minnesota
- Build skills in delivering sustainable community-based pediatric obesity services
- Articulate policy approaches that support expansion of community-based pediatric obesity services
- Share best practice guidelines in clinic-community collaboration.

### **Minnesota Dental Association**

- Host the MDH Oral Health and Tobacco Cessation Training Webinar "Coaching Patients to a Brighter Smile for Better Health/Tobacco Cessation Strategies for Dental Providers and Clinics" on their website and offer one Dental Continuing Education Credit to dental providers who submit an assessment. Also provide outreach activities for the webinar.

## ***Health Equity***

### **Minnesota Management and Budget**

- Review program materials and pilot project evaluation for the Health Equity Data Analysis project, which will help build grantees' capacity for data collection, analysis and sharing with community partners and decision-makers
- Develop a project plan and provide customized consultation for grantees
- Participate in webinars and meetings/training sessions

- Review existing/develop new training materials

### ***Healthy Eating***

#### **Counter Tools**

- Provide support with the assessment and evaluation objectives of healthy food retail strategies
- Complete a comprehensive retail environment assessment and document the retail environment via standardized store audits and data analysis tools

#### **North Node**

- Provide technical assistance and coaching to grantees implementing farmers market and other healthy retail strategies

#### **Public Health Law Center**

- Provide legal technical assistance for grantees on issues that impact access to healthy foods and active living in child care, schools, workplaces, health care and/or community settings
- Provide trainings, tools and consultative support
- Participate in key Minnesota conferences and meetings that address healthy eating strategies

#### **Terra Soma**

- Provide strategic and communications assistance and coaching to support the Minnesota Food Charter strategies implementation
- Develop resources that address food access issues related to equity and food safety

### ***Tobacco***

#### **American Lung Association**

- Provide grantees with training and technical assistance on partnership building, policy strategy, community education, media activities and messaging, and how to engage and educate champions and decision makers
- Connect grantees to other tobacco control advocates in Minnesota, regionally and nationally who are working on issues relevant to their targeted policy, systems and environmental change objectives and more connected to tobacco control resources that support these efforts
- Assure that grantees will implement tobacco-related policy, systems and environmental change using established best practices for tobacco control and community organizing

### ***Workplace Wellness***

#### **Lakes Country Service Cooperative**

- Develop and provide workplace wellness trainings to grantees
- Provide direct technical assistance about workplace wellness to grantees

## **Mason Public Affairs**

- Work with grantees to engage with local Chambers of Commerce to recruit for workplace wellness collaboratives
- Organize Town Hall meetings for local employers to showcase their workplace wellness efforts and recruit for grantee workplace wellness collaboratives

## Part 5: Evaluating SHIP

OSHII has established an evaluation and monitoring plan that expands upon previous SHIP efforts. This work is informed by two statewide evaluation steering groups, representing SHIP coordinators, evaluation staff and local public health directors.

The goals of the evaluation are to assess the breadth and scope of SHIP work; capture policy, systems and environmental changes being made; demonstrate SHIP's impact; and report evaluation findings to inform SHIP's future work and stakeholders.

### Assessing the breadth and scope of SHIP's work statewide

SHIP supports more than 40 different types of activity with over 4,000 active partners in communities, schools, workplaces, childcare centers and health care organizations. In addition, SHIP contributes to the work of collaborative and supportive partners who contribute resources to augment SHIP's work.

During this biennium, SHIP evaluation:

- Initiated the use of a statewide data collection system so all grantees can enter data about their SHIP work online. This system makes the process easier for grantees, improves data accuracy and allows OSHII to more accurately track SHIP work over time. OSHII provided extensive technical assistance and training as part of the new system's launch.
- Made improvements to how partner sites and reach are measured. Grantees are now able to report all partner sites including those who they work with directly and those who they collaborate with on community-wide issues. By broadening partner measures, OSHII now has a more complete picture of the extensive SHIP work going on at the community level.
- Initiated use of GIS mapping to illustrate the breadth of work statewide. As a result, OSHII can produce statewide-, county-, strategy- and activity-specific maps. In addition, GIS mapping allows SHIP to examine where activities are occurring in relation to demographic, socioeconomic and physical factors such as SHIP activity in food deserts, lower socio-economic areas, and in high concentrations of youth or aging populations.

### Capturing policy, systems and environmental changes

The primary outcome that grantees are working toward is to make policy, systems and environmental (PSE) changes that increase access to and availability of healthy foods, opportunities for active living, reduction of commercial tobacco use and creation of smoke-free environments. In 2015-2017, OSHII established a comprehensive system to capture the type and number of PSE changes supported by SHIP. The PSE tracking system was developed with extensive input from SHIP grantees and review of current evidence-based literature.

## Benefits of tracking PSE changes

- OSHII now has two years of data capturing in detail SHIP PSE work that is occurring.
- OSHII is able to calculate estimates of population reached when PSE change is implemented.
- Data provides a better understanding of the breadth and depth of changes occurring and the time it takes to make them.
- OSHII and SHIP grantees can use the system to improve or adjust work based on the progress being made toward PSE change.

## Demonstrating SHIP's impact

Each SHIP strategy is based on robust evidence linking specific PSE changes to behavior change and other individual health outcomes.

Sources of evidence include:

- national studies published in peer reviewed journals that provide evidence that an approach is effective;
- Minnesota specific studies that demonstrate how activities lead to demonstrated outcomes; evaluations being conducted at the local level by SHIP grantees; and
- focused evaluation studies conducted by SHIP evaluation staff.

Focused evaluation studies, or “deep dives,” assess the impact of SHIP’s evidence-based activities in Minnesota by measuring behavioral outcomes and other impacts of PSE changes made by SHIP partners across the state.

To date, SHIP focused evaluation studies have measured the impact of:

- Implementing smoke-free policies within multi-housing units;
- Training child care providers on best practices to support infant and early childhood healthy eating and physical activity; and
- Implementing active school strategies in elementary schools.

Each of these studies found statistically significant changes in behavior or in policies and practices demonstrating the positive impact of SHIP work.

In addition, SHIP evaluation staff have conducted two formative studies to increase understanding of:

- Community Leadership Team Engagement
- Health Equity Data Analysis Pilot Implementation

In the next biennium, OSHII will conduct focused evaluation studies on SHIP work to increase accessibility and availability of fresh fruits and vegetables in small stores, improve Safe Routes to School implementation, strengthen workplace wellness efforts and more.

## **Results of SHIP focused evaluation studies**

### **Smoke-free housing policies**

SHIP worked with residents and property managers of 12 multi-unit public housing sites to implement smoke-free policies for all indoor areas.

The policies resulted in smokers cutting back or quitting smoking and in cleaner indoor air, improving the health of all residents.

Participating counties: St. Louis, Roseau, Kandiyohi and Grant.

#### **Findings**

- 46 percent drop in percent of residents smelling or breathing secondhand smoke inside apartment building
- 77 percent of smokers reduced amount of smoking
- 5 percent of smokers quit smoking

### **Child care training and coaching**

SHIP worked with child care providers to implement best practices for healthy eating (including breastfeeding) and active play time for children in their care.

After participating in SHIP, child care providers gave children healthier food and more time to be active, establishing healthy habits.

Participating counties: Brown-Nicollet-LeSueur-Waseca; Lincoln, Lyon, Redwood, Pipestone, Murray, Rock; Faribault-Martin-Watonwan; Meeker-McLeod-Sibley; Carver; Scott; Bloomington-Edina-Richfield; Lake of the Woods, Beltrami, Clearwater, Hubbard; Dakota; Aitkin, Carlton, Cook, Itasca, Koochiching, Lake, St. Louis; Crow Wing; Morrison, Todd, Wadena, Cass; Kittson, Marshall, Roseau, Pennington and Red Lake.

#### **Findings**

- 13 percentage point increase in offering vegetables
- 25 percentage point increase in proper breastmilk handling
- 21 percentage point increase in providing 90+ minutes active playtime

## **Active Schools Minnesota**

SHIP worked with 14 schools to implement evidence-based strategies to increase physical activity before, during and after school.

Physical activity improves students' health and helps them concentrate in the classroom. At the end of the study, 74 percent of students met recommendations for aerobic fitness.

Participating counties: Becker, Beltrami, Carlton, Itasca, Koochiching, Lake of the Woods, Marshall, Morrison, Otter Tail, Todd and Wadena.

### **Findings**

Fit students were:

- 250 percent more likely to be at a healthy weight
- 24 percent more likely to be proficient in reading
- 27 percent more likely to be proficient in math
- 6 percent more likely to attend school consistently

### **SHIP community engagement and leadership**

A unique feature of SHIP is the emphasis it places on community engagement and local leadership. Community input at the local level is both a critical component of SHIP's philosophy and a statutory requirement of SHIP's implementation. All community health boards receiving a SHIP grant convene a Community Leadership Team (CLT) to inform the development and implementation of SHIP activities in their region, which allows for local tailoring to the needs of the community and prioritization of those needs. CLTs are a structured way of engaging community members in SHIP and form the backbone of SHIP's community engagement strategy. Tribal SHIP grantees utilize different community engagement strategies specific to their culture and context.

In 2016-2017, MDH collected data from grantees and CLT members to evaluate the structure and processes of CLTs.

### **Findings**

- CLTs are active, engaged groups that benefit SHIP and the participating organizations. Most CLTs are operating at a high level of engagement and CLT members reported a high value of their participation.
- Examples of the value of CLT members' participation include being able to see their impact on the CLT, build new relationships with CLT members, and build new partnerships and collaborations to influence the health of the community.
- CLTs serve as a communications and networking forum, work to coordinate and align activities across organizations working in the same community to fill gaps and avoid duplication, and leverage connections and resources between organizations to enhance their work.

- Collectively, CLTs are developing a shared vision of a healthy community and the vast majority of CLT members believe they have the potential to have a moderate or major impact on the health of the community.

## **Helping grantees dive deeper into the root causes of health disparities**

All 41 SHIP grantees are conducting a health equity data analysis to uncover the root causes (e.g. social and economic factors) of health disparities in their communities.

OSHII began this process by engaging a pilot group of 10 grantees through a learning collaborative model that ran July to December 2016. Grantees applied to participate and were selected to represent a balance of rural/urban locations, geographies and funding levels. The MDH Minnesota Center for Health Statistics has developed a health equity data analysis process that documents differences in health outcomes by population groups, then identifies not only the individual factors but also high-level factors that may create differences.

The pilot group has finished its work and now OSHII is in the process of rolling out the data analysis model to the remaining grantees. Three cohorts of grantees will go through training, with the final group expected to be finished in April 2018.

Grantees will use data to help shape their future policy, systems and environmental changes in their communities and ensure that the changes fit the needs of community members experiencing inequities.

## **Monitoring obesity and tobacco use rates**

MDH monitors rates of obesity and smoking, as well as fruit and vegetable consumption, levels of physical activity, and smoking behavior to inform SHIP planning and implementation. Through SHIP, all counties now conduct local surveillance surveys to monitor obesity and smoking related behaviors. These measures allow counties to assess the burden of obesity and commercial tobacco use at the local level to inform local work.

## **Using evaluation data to inform SHIP work and share outcomes**

OSHII is committed to sharing evaluation results with local SHIP grantees and with broader stakeholders to inform program planning and implementation.

Over the biennium, the SHIP evaluation team has:

- Shared state and local level PSE and reach data with SHIP grantees
- Created multiple evaluation communication tools such as fact sheets, infographics and short descriptions of evaluation findings

- Presented findings to community health boards, at state meetings including the Community Health Conference and at national meetings
- Used webinars, press releases and social media to share evaluation results

# Part 6: SHIP results and impacts

Communities across Minnesota are creating opportunities for better health, thanks to SHIP.

## Active Living: Creating more active places and spaces

Communities designed with safe and convenient spaces for walking and biking make it easier for residents to be active. Appealing features like parks, playgrounds, trails, sidewalks and bike lanes all encourage and allow residents to integrate physical activity into their daily routines, whether for recreation or transportation purposes.



### SHIP is at the table

Public health, with SHIP as the connector, is at the table when local governments are developing long-term plans related to land use, community design and transportation systems. Those plans affect how people decide where to live and how to get around, their ability to access healthy foods and physical activity opportunities, and affect broader issues like equity and access to jobs, education and health care.

### Why SHIP matters

Communities across Minnesota are creating built environments that promote active lifestyles, and in doing so are reaping many benefits.

- The bicycling industry in Minnesota produced an estimated \$780 million in economic activity in 2014, including 5,500 jobs.<sup>11</sup>
- The percentage of adults who get enough physical activity is 15 percent higher in neighborhoods that have sidewalks than in those that don't.<sup>12</sup>
- The percentage of Minnesotans who included walking as part of their physical activity increased from 42.8 percent in 2013 to 46.1 percent in 2015.<sup>13</sup>
- If all adults got enough physical activity, the U.S. would save \$117 billion each year in health care costs.<sup>14</sup>

### 2015-17 results

- SHIP communities worked to include language prioritizing health by addressing active living in 48 comprehensive and master plans completed across the state, with 45 plans in progress.
- 115 communities were successful in making a change to increase access to facilities for walking and biking. Residents now have access to 40 new or improved bike lanes, 31 new or improved sidewalks, 42 new or improved crosswalks, and 51 enhancements to signage and lighting.

**Active Living Spotlight:** In Minnesota, 9 percent of schools have a Safe Routes to School plan completed to encourage more walkers and bikers while also making it safer and easier to do so. Minnesota is ranked third in the nation for comprehensive Safe Routes to School efforts.

SHIP supports schools and communities to create plans that are leveraged for Minnesota Department of Transportation Safe Routes to School infrastructure funding to implement plan improvements. At the state and local level, public health and transportation professionals are working hand-in-hand to address access to destinations and make it easier switch some trips to walking or biking to improve health.

## Child Care: Getting kids off to a healthy start

All children should have a chance to grow up healthy. Early childhood is a time when kids develop healthy eating and physical activity habits that help them do just that.



### How SHIP works with child care providers

SHIP is creating a critical mass of child care providers that follow best practices for breastfeeding support, healthy eating and physical activity – all of which have been identified by child health and development experts as proven strategies that will help get our youngest generation off to a healthy start.

SHIP grantees are supporting child care providers with the tools and training that can instill healthy habits in children during those early critical years.

### Why SHIP matters

- Obese children in the U.S. who become obese adults face more severe health consequences and incur approximately \$19,000 more in direct medical costs over the course of their lifetime compared to normal weight children who remain normal weight into adulthood.<sup>16</sup>
- Child care is also an important part of the state’s workforce, employing more than 40,000 people. Sixty-two percent of family child care providers are located outside of the Twin Cities metro area.<sup>17</sup>

## 2015-17 results

- SHIP partnered with 309 child care providers to improve policies and practices for healthy eating, physical activity and breastfeeding support, benefitting 10,127 children.

**Child Care Spotlight:** The Latino community in Bloomington and Richfield, with help from SHIP, created an innovative strategy to nurture healthy, school-ready children – the Latino Childcare Provider Network. It’s common for Latino children to spend their early years in the care of family, friends and neighbors who provide loving care yet lack formal child care training. This practice, along with food insecurity and language barriers, can be an obstacle to health and school readiness for Latino children. The Network members meet monthly for training in Spanish on best practices in nutrition, physical activity, health, safety and school readiness. As a result, child care practices have improved. The model expands on the current system of child care support and training, which has focused primarily on licensed providers.

## Health Care: Linking providers and community organizations

Health care providers and public health share many of the same goals, but don’t always work together. That’s changing, thanks to SHIP.

More health care organizations and facilities are coordinating with public health to help residents lead healthier lives through community-based prevention efforts. Neither health care nor public health can do this work alone; both are stronger by working together.

SHIP grantees work with health care partners to increase equitable access to prevention services that address tobacco cessation, pediatric and/or adult obesity, breastfeeding support, falls prevention, and dementia awareness and support.

### Why SHIP matters

SHIP works with primary care providers, hospitals, dentists and assisted living facilities to connect patients with programs – like the Diabetes Prevention Program, A Matter of Balance and others – that are proven to work in preventing or managing chronic disease.

- Diabetes Prevention Program participants can cut their risk of type 2 diabetes by 58 percent by helping participants eat healthier, exercise more and lose weight.<sup>18</sup>
- Participation in a Matter of Balance, a program to prevent falls in older adults, is associated with a \$938 decrease in total medical costs per participant per year.<sup>19</sup>
- The Chronic Disease Self-Management Program is associated with potential annual health care savings of \$714 per participant.<sup>20</sup>
- If 90 percent of U.S. families breastfed for the first 6 months of baby’s life, the nation would save \$13 billion in health care costs annually.<sup>21</sup>



## 2015-17 results

- 33 health care partners changed how they screen, counsel, refer and follow up on referrals with patients to help prevent and address adult obesity and related chronic diseases.
- 20 health care partners changed how they screen, counsel, refer and follow up on referrals to help patients quit smoking.
- 31 health care partners increased support to breastfeeding moms to promote early childhood health and prevent obesity.

**Health Care Spotlight:** WellConnect is an innovative collaboration of health care providers, researchers, public health staff and community partners in southeastern Minnesota. It's one example of how SHIP is helping build a bridge between health care and community organizations. WellConnect offers and supports community-based programs that equip residents in the area with the tools and support they need to be healthy. SHIP staff in the region are providing technical assistance.

One of the features of the collaboration is the website [wellconnectsemn.org](http://wellconnectsemn.org), where residents can sign up for evidence-based programs in their area. The partnership has grown to a regional system that includes 11 counties and more than 20 organizations (and growing).

## Healthy Eating: Expanding access to healthy foods

Despite Minnesota's reputation of being a diverse and rich agricultural state, not everyone has access to healthy and affordable food.

Too many Minnesotans cannot find fresh fruits and vegetables near their homes – or what they do find is limited and expensive. In some communities, finding fresh food means traveling long distances from home.

In fact, nearly 235,000 Minnesotans live more than 10 miles away from a large grocery store or supermarket. Minnesota ranks 7th worst in the nation for the share of residents with low access to healthy foods.<sup>22</sup>

### Why SHIP matters

The evidence is clear that diet has a major role to play in preventing chronic disease. SHIP aims to improve access to healthy food and beverages options, especially in neighborhoods and communities that lack the places to get healthy food. Not only does SHIP's work give people more choices, but also strengthens local economies by providing both small and large scale food producers more opportunities to market their food and by supporting local businesses selling food.



SHIP is working across Minnesota to eliminate barriers to healthy food access through a variety of strategies, including:

- Supporting smaller stores to sell healthier options
- Helping farmers markets expand access to electronic benefits for those with the greatest need
- Working with hunger relief organizations so healthy foods are promoted and displayed more prominently
- Establishing food policy councils, which advise local governments on policies that improve healthy food access
- Growing food where there is a lack of fresh food available through community-based agriculture efforts
- Supporting community planning and development efforts so residents can access healthy foods easier

## **2015-17 results**

- 609 community partners made changes to increase access to healthy foods through farmers markets, food shelves, food retailers, food policy councils, community based-agriculture sites and local planning efforts (like comprehensive plans).
- 316 food venues made changes such as updating vendor contracts to include more healthy options or updating storage or display equipment to stock fresh foods, making it easier for more than 719,000 people across Minnesota to have healthy food options.
- 76 farmers markets made changes such as adding more producers or accepting SNAP/EBT to improve healthy food access. In just the past year, Minnesotans made over 328,000 visits to farmers markets that are partnering with SHIP.
- 112 community partners improved healthy food access at food shelves, with over 50 percent making changes to improve food storage or healthy food preparation.

**Healthy Eating Spotlight:** The new Hilltop Regional Kitchen in Eagle Bend is creating opportunities to serve healthy, nutritional meals to seniors in Todd and Wadena Counties and surrounding communities through congregate dining, Meals on Wheels and bundled meals. The new facility will help ensure that seniors have access to the nutrition and services they need to stay healthy and independent in their homes, which can result in cost savings and improved quality of life. The new space quadruples the former kitchen space in order to expand its capacity to make meals, serve seniors and store food items.

Local SHIP staff have played a significant role in the planning, fundraising and creation of the Hilltop Regional Kitchen. SHIP funded kitchen equipment and provided assistance with promoting the new kitchen facility.

## Schools: Helping kids eat healthier and move more

Kids spend a lot of time at school, which makes the school environment a great place to model healthy eating and regular physical activity, which can last throughout their lifespan.

Healthy eating strategies increase access to fruits and vegetables and decrease sodium, saturated fat and added sugar in foods and beverages available and sold. Active schools strategies increase physical activity opportunities during and outside the school day, helping students meet the national guideline of 60 minutes or more of physical activity every day.



### Why SHIP matters

- The 2016 Minnesota Student Survey found that about a quarter of Minnesota’s 8th, 9th and 11th graders are overweight or obese.<sup>23</sup>
- Children who are obese at age 10 will incur approximately \$19,000 more in medical costs over their lifetime compared to children who are not obese.<sup>24</sup>

### How SHIP is making a difference

Evidence shows that active kids are healthier and better learners; however, poor diet and physical inactivity among youth can lead to increased risk for chronic disease.

Thanks to SHIP, more schools are getting the tools and resources they need to get students eating healthier and moving more. Schools identify their local wellness priorities by completing the School Health Index on an annual basis. Based on those results, schools select at least one healthy eating and one physical activity strategy.

### 2015-17 results

- 304 schools and districts made policy changes and lunchroom improvements to support healthy food choices, reaching 156,406 students.
- 243 schools and districts created policies and systems to make school food environments healthier, from concessions to celebrations, reaching 94,609 students.
- 214 schools and districts invested in teacher training and equipment to get 77,609 students more active during recess.
- 251 schools and districts integrated movement into classroom activities throughout the day, reaching 104,561 students.

**Schools spotlight:** Students in schools across Minnesota are getting to know the connections between their school and farmers who grow food served at school meals, thanks to Farm to School. At Walnut Grove Elementary in southwestern Minnesota, for example, students have expanded access to fresh, local produce, while helping the local economy. During the 2016 growing season, the

school purchased about 2,000 pounds of produce from Ruppert Garden Produce through a Farm to School partnership. With support from SHIP, Walnut Grove has integrated Farm to School in their school wellness policy. Students will participate in field trips to local farms, highlight what they learn at school assemblies and enjoy fresh locally grown food in the cafeteria each school year.

## Tobacco: Working to reduce the harms of commercial tobacco

SHIP grantees are working to reduce secondhand smoke exposure and access to commercial tobacco products in their communities. Through these efforts, they are helping to provide Minnesotans with smoke-free homes and reducing the likelihood that young people will even start using commercial tobacco products.

### We've made historic progress!



### A changing landscape

More kids are using new and flavored products like e-cigarettes. E-cigarette use is twice as high as conventional cigarettes for young adults. Nicotine, found in these products, is highly addictive and harmful to the adolescent brain.

### Why SHIP matters

**Reducing secondhand smoke exposure in apartments.** Policies aimed at reducing exposure to tobacco smoke in multi-unit residences can protect and improve residents' health. This is especially important for populations who may be at higher risk for experiencing health problems associated with secondhand smoke exposure.

SHIP works with owners of multi-unit housing complexes to adopt smoke-free policies, helps educate residents about the benefits of smoke-free policies, and provides information about quitting and referrals to cessation services.

**Protecting youth from starting to use tobacco.** Smoking rates in Minnesota are declining; however, a substantial number of youth continue to use, in part because tobacco products are accessible. SHIP grantees are working to support the implementation of point of sale policies, such as increasing the legal age to sell tobacco to 21 and restricting the sale of flavored tobacco products.

Those efforts prevent youth tobacco use and save lives. Increasing the tobacco age in Minnesota will prevent 30,000 Minnesota youth from becoming smokers over the next 15 years.<sup>27</sup>

## 2015-17 results

- SHIP grantees helped 278 properties implement smoke-free housing policies, protecting more than 24,000 Minnesotans from secondhand smoke in their homes.
- Nine communities passed point-of-sale policies, helping to reduce access to tobacco for 133,343 people. An additional 34 communities are engaged in this process and are working toward policy change.

**Smoke-free Living Spotlight:** Bloomington Public Health surveyed multi-unit housing residents in their community and found substantial support for smoke-free housing. After presenting these results to property managers, two properties that were previously uninterested decided to go smoke free, protecting 2,800 residents from dangerous secondhand smoke.

**Point of Sale Spotlight:** Grant County strengthened their licensing requirements and established a penalty structure for retailers that violate license requirements. These changes will help reduce access to tobacco among youth.

## Workplace Wellness: Creating a culture of health

Healthy, motivated employees are important to the workplace and a company's bottom line. Thanks to SHIP, more Minnesota employers are making healthy options possible at work.

### How SHIP is making a difference

SHIP grantees take a comprehensive approach with workplace wellness efforts, supporting small businesses – who often lack resources to do this work on their own – through a collaborative process with other employers. SHIP provides tools and technical assistance that help create a culture of health at work. Employers learn about strategies that help employees quit smoking, eat healthier, get more physical activity, handle stress better and support nursing moms.

### Why SHIP matters

Poor health is bad for business.



### Healthy employees = healthy businesses

Employers who support workplace wellness initiatives are more attractive and become the employer of choice in a community.

Other benefits for employers:

- Higher employee engagement
- Higher retention/less investment in training
- Higher job satisfaction
- Improved public image

### **2015-17 results**

- 225 workplaces implemented changes that make it easier for their 108,127 employees to be physically active at work.
- 211 employers implemented changes that encourage healthy eating in the workplace, which has impacted nearly 41,088 employees.

**Workplace Wellness Spotlight:** PartnerSHIP 4 Health staff worked with Lakeshirts, a Detroit Lakes garment company, to encourage healthy eating by adding healthy food options in their cafeteria. PartnerSHIP 4 Health also helped Lakeshirts develop initiatives that supported healthy eating and drinking and physical activity among their employees. Lakeshirts has noticed vending machine purchases shift away from sugary drinks to healthy drinks and documented a decrease in insurance rates by nearly 13 percent from 2016 to 2017.

## Part 7: Tribal SHIP

Tribal communities in Minnesota are working with SHIP to improve health by elevating cultural wisdom and initiating engagement across generations.

Efforts focus on increasing opportunities for healthy food access and physical activity, with strategies that are tailored to tribal needs and culture. Those strategies use culture as a bridge for health and healing, integrating traditional activities, teachings and ceremonies.

Despite adversity that Native people in the United States face, indigenous cultural knowledge and resiliency remains intact in Minnesota communities. Through Tribal SHIP, innovative and culturally appropriate strategies are being used to advance health equity; native people have some of the lowest health outcomes in the state.

### Culturally based approaches

Healthy food access and knowledge of traditional indigenous food are pressing issues in tribal communities. Food insecurity, poverty and diet-related disease disproportionately affect native people compared to Minnesota's general population. Preserving and reclaiming food systems is critical. Understanding the roles of sovereignty, culturally based approaches to strengthening community food practices and strategies for conveying traditional knowledge are important.

Rapid change from physically active lifestyles to more sedentary ones has also had a serious effect on the health of American Indians. Traditional lifestyles allowed for greater energy expenditure from physical labor through daily activities such as hunting, fishing, ricing and agricultural work as well as recreational activity such as lacrosse and stickball and participating in pow wows.

### Creating healthy, sustainable tribal communities

Tribal SHIP strategies designed to increase availability of and access to physical activity include:

- Providing engagement and education around traditional activities that uphold cultural connectedness, healing and physical activity such as lacrosse, stickball, pow wow dancing and hoop dancing
- Holding culture classes and camps on harvesting maple syrup and wild rice, canoeing and gathering wild foods and medicinal plants
- Increasing availability of safe outdoor and indoor recreation spaces and opportunities
- Supporting walkable and bikeable communities
- Establishing Safe Routes to School
- Sponsoring before- and after-school programming
- Creating worksite policies that support physical activity
- Helping health care providers connect with community organizations to improve patient access to preventive and chronic care services

Tribal SHIP strategies designed to increase availability of and access to healthy and indigenous foods include:

- Preserving and reclaiming food sovereignty, cultural traditions and native food systems
- Integrating indigenous and healthy goods into community outlets
- Building local food economies
- Increasing local agricultural and food production
- Gathering medicinal plants and wild foods
- Ensuring sustainable development and practices
- Creating worksite policies that support healthy foods and vending
- Helping connect health care providers and community organizations to improve patient access to preventive and chronic care services

## Grantees

### Bois Forte

The Bois Forte Reservation is located in northern Minnesota in Koochiching and St. Louis counties, approximately 40 miles south of the Canadian border. Tribal headquarters is in Nett Lake.

### Strategies

- Increase local agriculture and food production
- Establish community hoop house; cooking, gardening and food preservation classes, Boys & Girls Club gardening program
- Build a community mindset for health and indigenous foods
- Support culture/language club activities around food, cooking classes using traditional and wild foods
- Improve and/or increase opportunity for physical activity
- Support culture/language club activities around physical activity

### Success

- Supported a collaboration with the culture and language programs, which has involved integrating traditional and local food work into programming such as duck cleaning, maple sugar camps and gathering high bush cranberries



## Fond du Lac Band

The Fond du Lac Reservation is located in Carlton and St. Louis counties 15 miles west of Duluth. Tribal headquarters is located west of the city of Cloquet.

### Strategies

- Improve and/or increase opportunity for physical activity
- Increase walkability between and around schools, workplaces and other community service centers, offer additional exercise classes and provide needed equipment
- Increase local agriculture and food production
- Support school and community vegetable and medicine garden
- Create a community mindset for healthy and indigenous foods

### Success

- Changed policy around healthy foods at meetings and community events
- Participated in a large collaborative Safe Routes to School Event that uses the current and future walking and biking paths between schools and communities



## Grand Portage Band

The Grand Portage Reservation is located in Cook County in the extreme northeast corner of Minnesota, approximately 150 miles from Duluth. It is bordered on the north by Canada, on the south and east by Lake Superior and on the west by Grand Portage State Forest. Tribal headquarters is located in Grand Portage.

### Strategies

- Increase local agriculture and food production
- Develop food sovereignty assessment and five-year strategic plan
- Increase access to fresh produce and other local foods through sustainable agriculture development practices using green houses, raised beds and orchards

### Success

- Supported effort to grow food locally, which resulted in 2,500 pounds of fresh, organically produced vegetables used by



Elderly Nutrition Program, Community Lunch Program and School Lunch Program; 25 families received vegetables through the first-ever farmers market

## Leech Lake Band of Ojibwe

The Leech Lake Reservation is located in north central Minnesota in the counties of Beltrami, Cass, Hubbard and Itasca. Tribal headquarters is in Cass Lake.

### Strategies

- Increase local agriculture and food production
- Through the collaborative establishment of orchards in each community residents will benefit from local and traditional fruits and berries for years to come
- Increase availability of/and access to physical activity
- Improvements to the ice rink and the addition of roller skates will make use of the rink year-round, increasing physical activity options for families and schools
- Support lacrosse and other equipment along with storage units and improvements to the volleyball and basketball courts help support physical activity in outlying villages

### Success

- Collaborated with Orchard Establishment that will result in fresh fruits and berries in each community



## Lower Sioux Indian Community

The Lower Sioux Indian Community is located in Redwood County. Tribal headquarters is two miles south of Morton and six miles east Redwood Falls.

### Strategies

- Improve or increase opportunities for physical activity
- Support funning club, lacrosse, basketball and volleyball
- Integrate indigenous and healthy foods into community outlets
- Support healthy food/snack alternatives, youth nutrition bingo (after-school program)
- Build a community mindset for healthy and indigenous foods
- Support monthly cooking classes, experiential learning through cultural garden



## Success

- Established cultural garden at the new Lower Sioux Health Care Clinic
- Provided native plants specific to the Dakota to be used in a way that is engaging and culturally meaningful to the tribal members' identity (food, medicine and ceremony)

## Mille Lacs Band of Ojibwe

The Mille Lacs Reservation is located in east central Minnesota on land in Mille Lacs, Crow Wing, Aitkin and Pine counties. Tribal headquarters is located near Onamia.

### Strategies

- Increase local agriculture and food production
- Provide access to fresh and locally grown produce through community-based agriculture for the community, schools, food shelf, SNAP Program and assisted living units
- Increase availability of and access to physical activity
- Coordinate events such as the Chameleon Run and Fitness Challenges, which promotes physical activity for families and community members

## Success

- Established Collaborative Growing Committee that focuses on a centralized and collaborative gardening experience

## Prairie Island Indian Community

The Prairie Island Indian Community is located in the southeastern part of the State in Goodhue County, along the shores of the Mississippi and Vermillion Rivers. Tribal headquarters is near Welch.

### Strategies

- Increase local agriculture and food production
- Support the Elders' cultural garden, community garden, ricing and maple syrup camps, GIS mapping indigenous wild foods
- Build a community mindset for healthy and indigenous foods
- Support experiential learning in gardens/camps, food sovereignty assessment, healthy and native foods policy development, community engagement, community fishing day
- Improve and/or increase opportunity for physical activity

Minnesota's Statewide Health Improvement Partnership (SHIP)



- Support hiking, canoeing, snowshoeing, wild edible harvesting and walking path near casino

### Success

- Established Three Sisters/Elders' Cultural Gardens
- Created strong teaching tools for both the community and the 519 youth and adults from schools and universities who have come to tour and learn about the gardens

### Red Lake Nation

The Red Lake Reservation is located in the northern Minnesota in Beltrami and Clearwater counties. Tribal headquarters is in Red Lake.



### Strategies

- Improve or increase opportunities for physical activity
- Coordinate and support collaborative youth/family physical activity events
- Increase local agriculture and food production
- Improve nutritional quality of school lunches with salad bars, food carts and hydration stations
- Collaborate with the Food Access Group to support more green houses, gardens and the Food Access Summit

### Success

- Collaborated with the Food Sovereignty/Food Summit work already happening, which has provided for additional green houses and vegetables for community members, community schools, elderly nutrition programs
- Developed youth programming/summer day camps with a traditional focus that incorporates physical activity and healthy eating into each day

## Upper Sioux Indian Community

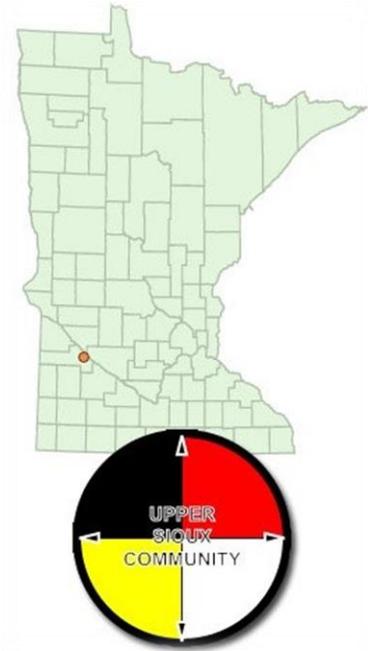
The Upper Sioux Community reservation is located in Yellow Medicine County along the Minnesota River. Tribal headquarters is five miles south of Granite Falls.

### Strategies

- Build a community mindset for healthy and indigenous foods
- Support healthy traditional foods and food preservation classes, breastfeeding support, healthy bingo, kids camp
- Integrate indigenous and healthy foods into community outlets
- Support healthy pow wow and event concessions, healthy vending/snack options
- Increase local agricultural and food production
- Support community-based agriculture, edible plants project
- Improve or increase opportunities for physical activity
- Update playground equipment, weight lifting, pow wow dancing lessons for adults and children and Kids' camp
- Increase access to and development of places for physical activity
- Working on community assessment for workplace walking path, bike-share program feasibility

### Success

- Supported the edible/medicinal plants project, which increased production of and access to healthy, local foods and nutrition and other culturally significant plants for community members for food, medicine and cultural purposes



## White Earth Nation

White Earth Reservation is located in Becker, Clearwater, and Mahanomen counties in north central Minnesota. Tribal headquarters is in the town of White Earth.

### Strategies

- Working on engagement and assessment activities
- Support strategic planning with community for healthy eating and active living initiatives
- Build a community mindset for healthy and indigenous foods
- Hire a dietician to work with the Boys and Girls Clubs, the farmers market for cooking demonstrations and any other areas where her expertise is needed
- Integrate indigenous and healthy foods into community outlets
- Support community agriculture, farmers market
- Increase access to active living
- REZCycle (earn-a-bike program)

### Success

- Supported REZCycle, a community partnership between Tribal SHIP, the Boys and Girls Club, and the local police department. The effort provides youth access to bike safety rodeos, earn-a-bike opportunities and more, increasing interest in bicycling as a means of physical activity and transportation.

## Providing technical assistance through the American Indian Cancer Foundation

From the outset of MDH's Tribal SHIP and Tribal Tobacco grants programs, tribal grantees have requested a culturally relevant technical assistance provider, which has the ability to fully understand the cultural nuances of healthy eating, active living and traditional and commercial tobacco public health work occurring in Minnesota's American Indian communities. The American Indian Cancer Foundation (AICAF), a national organization located in Minneapolis, was awarded this technical assistance contract in June 2015 to continue through June 2019. This strong partnership has proven successful, with AICAF assisting SHIP tribal grantees with community engagement strategies, event planning, work plan feedback, action planning to meet goals and objectives, and meaningful interpretations and applications of policy, systems and environmental change.



## **Capturing the impact of Tribal SHIP**

Efforts are underway to capture the impact of Tribal SHIP work through a partnership with North Dakota State University's American Indian Public Health Resource Center (AIPHRC). MDH has contracted with AIPHRC to develop evaluation efforts for culturally relevant, practice and evidence-based strategies targeted at reducing the percentage of native community members who are obese or overweight.

## Part 8: Menthol Cigarette Intervention Grant

As part of the funding bill for SHIP during the 2015 legislative session, the Minnesota Legislature required MDH to fund a one-time grant of \$200,000 from the SHIP appropriation to address the disproportionately high use of menthol tobacco in the African American community.

The grant was awarded to Hennepin County Public Health in partnership with Minneapolis Department of Health, Saint Paul-Ramsey Public Health and Bloomington Public Health (serving Bloomington, Edina and Richfield). Public Health enlisted the African American Leadership Forum (AALF) to lead community engagement, awareness raising and mobilization throughout the project.

The goal of this grant was to establish a set of community-driven recommendations and implement strategies to help prevent and reduce the chronic disease and mortality burden tobacco has on this community.

Over the two year period of the grant, AALF partnered with community leaders to conduct education activities and engage with community members around the harms of menthol tobacco. Based on these activities and the survey findings, AALF has compiled a set of recommendations for further action.

### Local survey assesses menthol perceptions and attitudes

As part of this grant, AALF, in coordination with Hennepin County Public Health, surveyed 407 African Americans in Hennepin and Ramsey counties from May through July 2016. Twenty-four percent of the respondents were current smokers. The assessment was a first step to deepen understanding of African American use patterns and perceptions and attitudes toward menthol tobacco. It served as a basis for community engagement and education.

#### Survey findings

*U.S.-born African Americans confirm menthol tobacco is a serious threat to their health.*

- 84 percent of surveyed smokers smoke a brand that is menthol.
- 72 percent of surveyed smokers agreed menthol makes it harder to quit.

*Menthol's soothing effect and minty taste makes smoking easier and more attractive, especially for youth.*

- Surveyed menthol smokers were attracted to menthol products because they taste and feel different than other types of cigarettes; the top three reasons for using menthol: It's soothing, cooling, and "tastes better" than non-menthol.
- 69 percent of surveyed smokers agreed that menthol's cooling sensation makes it easier for young people to start smoking.

*African American community members are targeted by tobacco industry marketing.*

- 83 percent of surveyed smokers get their cigarettes at gas stations or convenience stores – locations commonly visited on a day-to-day basis.
- 61 percent of respondents agree menthol cigarettes are marketed to African Americans more than other racial groups.
- In the past 30 days, one in four of all respondents noticed:
  - Cigarettes at sale prices.
  - Coupons for cigarettes.
  - Advertisements for cigarettes in magazines.
- 57 percent of surveyed smokers noticed coupons for cigarettes in the past 30 days.
- 28 percent of surveyed smokers noticed cigarettes promotions in the mail in the past 30 days.

*Survey results reinforce the need to educate and raise awareness on the harms of menthol tobacco use.*

- 88 percent of respondents thought tobacco use was a significant health issue in the African American community.
- 57 percent of surveyed smokers didn't know menthol cigarettes are just as harmful as other cigarettes.
- 44 percent of surveyed smokers wrongly thought menthol cigarettes are less harmful than other cigarettes.

*A majority of African American community members support new laws to reduce tobacco's harm.*

- 69 percent of surveyed smokers supported more laws to reduce the harms of smoking.
- 60 percent of surveyed smokers said they would quit if menthol was no longer sold in stores.

## Part 9: Dementia

SHIP grantees have the option of using funding to implement health improvement strategies that improve the health status, help delay the expression of dementia or slow the progression of dementia for those at risk for dementia. Grantees selecting this option must meet all other requirements of SHIP and coordinate dementia-related work with regional and community-based organizations that focus on dementia. Below are two examples of focused SHIP dementia work.

### **Blue Earth and Nicollet Counties**

The Minnesota River Area Agency on Aging entered in to a formal partnership with SHIP on Feb. 15, 2017, on behalf of Mankato & North Mankato ACT on Alzheimer's. The SHIP counties involved in this effort are Blue Earth and Nicollet (includes Brown, Le Sueur and Waseca counties). Efforts include outreach to faith communities; supporting a Mankato & North Mankato Alzheimer's & Dementia Resource Guide; Dementia Friendly @ Work, Law Enforcement & First Responders trainings; and media outreach.

During the partnership, the team accomplished several trainings and continued outreach to a variety of community sectors. The team worked with a deep commitment and at a high capacity to carry out various work plans. The work continues because there is still a significant need for additional dementia friendly initiatives.

### **Olmsted County**

In spring 2015, a community action group conducted a four-step community engagement process to evaluate and understand the needs around dementia in Olmsted County. The group conducted interviews with more than 100 individuals from 14 community sectors. The top priority identified for the community was education and awareness, followed by engagement and wellness. Among the community partners in this effort is Mayo Clinic.

Since that time, the group has delivered Dementia Friends Information sessions to more than 700 citizens and 25 businesses. The efforts also launched a Memory Café in Rochester and in Pine Island. In addition, the group created a comprehensive community guide on normal aging, mild cognitive impairment and dementia, and is currently working on a community awareness event and a dementia curriculum for health classes.

## Part 10: Looking Ahead

MDH and the state's SHIP grantees are eager to make even more strides to build and support healthy communities in Minnesota. Looking ahead, one of the opportunities is SHIP's work to address opioid addiction; one of the challenges is the future of the state's Health Care Access Fund, which directly support SHIP.

### SHIP opioid work

In the 2017 legislative session, MDH was directed to “confront the opioid addiction and overdose epidemic” with at least two SHIP grants addressing the work. The opioid work must align with the existing SHIP statute requirements of settings and strategies and be evidenced-based.

OSHI staff conducted research and drafted three strategies for SHIP grantees to address the opioid epidemic. Grantees have provided feedback on the proposed strategies, which will be part of SHIP's health care setting. These strategies will be piloted by up to two grantees: one from Greater Minnesota and one from the seven county metro area.

Grantees interested in working in this area will submit a letter of interest by early March. Participating grantees will then submit work plans and budgets, with their work starting in late March.

### Health Care Access Fund

The Health Care Access Fund (HCAF) was established by state law in 1992 as part of a comprehensive health care reform initiative. It supports MinnesotaCare, Medical Assistance, quality improvement initiatives and public health prevention strategies through the Statewide Health Improvement Partnership.

The provider tax is the largest source of revenue to the HCAF, but is scheduled to sunset in December 2019. The provider tax is a 2 percent tax on gross revenues of medical providers, hospitals, surgical centers, and wholesale drug distributors.

It is critical that an alternative funding source be identified, otherwise it would jeopardize access to health care for thousands of Minnesotans and threaten prevention programs needed to curb rising health care costs.

# Appendix A: Grantee funding levels

SHIP Grantee	FY 2016-17	FY 2014-15
Aitkin, Carlton, Cook, Itasca, Koochiching, Lake, St. Louis	\$1,373,815	\$1,692,469**
Anoka	\$1,341,978	Opted Out
Becker, Clay, Otter Tail, Wilkin	\$812,301	\$1,064,850**
Beltrami, Clearwater, Hubbard, Lake of the Woods	\$490,605	\$552,726
Benton	\$337,358	\$294,526
Big Stone, Chippewa, Lac qui Parle, Swift, Yellow Medicine	\$381,299	\$336,639
Bloomington, Edina, Richfield	\$836,017	\$973,661
Blue Earth	\$423,775	\$353,150
Brown, Le Sueur, Nicollet, Waseca	\$618,254	\$487,545
Carver	\$524,305	\$416,076
Cass*	\$302,075	
Chisago*	\$385,633	
Cottonwood, Jackson, Nobles	\$405,481	\$440,507
Crow Wing	\$417,121	\$349,431
Dakota	\$1,565,563	\$1,868,058
Dodge, Steele	\$402,658	\$342,876
Douglas, Grant, Pope, Stevens, Traverse	\$456,555	\$509,930
Faribault, Martin, Watonwan	\$413,089	\$585,175**
Fillmore, Houston	\$345,760	\$304,349
Freeborn	\$309,763	\$277,733
Goodhue	\$361,383	\$331,801
Hennepin	\$2,277,519	\$2,879,551**
Isanti, Kanabec, Mille Lacs, Pine	\$630,905	\$973,787
Kandiyohi, Renville	\$405,338	\$344,884
Kittson, Marshall, Pennington, Red Lake, Roseau	\$393,335	\$343,188
Lincoln, Lyon, Murray, Pipestone, Redwood, Rock	\$489,956	\$551,917
Meeker, McLeod, Sibley	\$467,889	\$531,186
Minneapolis	\$1,539,658	\$2,041,563**
Morrison, Todd, Wadena	\$457,232	\$682,581
Mower	\$337,813	\$296,168
Olmsted	\$702,882	\$808,869
Polk, Norman, Mahnomon	\$366,375	\$402,287
Rice	\$421,907	\$474,929
Saint Paul – Ramsey	\$1,952,507	\$2,321,756
Scott	\$662,121	\$505,633
Sherburne	\$506,821	\$575,270
Stearns	\$712,434	\$832,124
Wabasha	\$278,270	\$256,007
Washington	\$1,031,631	\$856,378
Winona	\$377,719	\$323,647
Wright	\$633,979	\$728,777
<b>TOTAL</b>	<b>\$27,151,079</b>	<b>\$27,892,004</b>

\* Cass County was part of Morrison, Todd & Wadena CHB collaboration in 2014-15; Chisago County was part of Isanti, Kanabec, Mille Lacs & Pine CHB collaboration in 2014-15. \*\* Includes funding from innovation grant.  
Minnesota's Statewide Health Improvement Partnership (SHIP)

<b>Tribal SHIP Grantee</b>	<b>FY16-17 Funding</b>
Bois Forte	\$164,920
Fond du Lac	\$193,982
Grand Portage	\$159,258
Leech Lake	\$270,390
Lower Sioux	\$159,022
Mille Lacs	\$190,552
Prairie Island	\$154,182
Red Lake	\$286,390
Upper Sioux	\$153,124
White Earth	\$268,180
<b>TOTAL</b>	<b>\$2,000,000</b>

# Appendix B: Grantee case studies

Grantees partner with community sites to make policy, systems and environmental (PSE) changes to promote active living, healthy eating and smoke-free environments. Presented here are highlights of selected activities for each grantee. The tables highlight some community partner sites that have achieved a PSE change in 2016-17 and the number of people impacted by these changes (reach). Reach measures are tailored to each activity (e.g., number of students in schools, residents in a community, farmers market visits).

## Aitkin, Carlton, Cook, Itasca, Koochiching, Lake and St. Louis Counties (Healthy Northland)

### Indoor gardens produce fresh snacks year-round in Cook County

Students in Cook County are learning to grow plants and are snacking on fresh vegetables during class, thanks to gardens transported into the classroom.

Cook County, one of seven counties in the northeastern Minnesota SHIP region of Healthy Northland, has had a school district wellness committee since 2007. One result of the committee's work has been a school-based agriculture project at the elementary school. During the 2016-2017 school year, a teacher found a way to bring those benefits into the classroom through winter.

Teacher Betsy Jorgenson proposed bringing indoor tower gardens to the school and pitched this idea to the wellness committee. Her vision was to provide fresh produce for snack time, engage students year-round in gardening and integrate food production topics and concepts into her lessons.

Research shows that school gardens increase kids' consumption of fruit and vegetables, and increases their willingness to try new produce.

During the 2016-2017 school year, two tower gardens were introduced in elementary classrooms with support from SHIP. Students were involved in each step, from planting to harvesting to eating the produce. The original goal was to provide a classroom snack once a week using the tower-grown lettuce. The indoor gardens were so productive that classrooms were able to have salad snack almost every day of the week.

"It is the perfect way to experience growing and eating food at school," Jorgenson said.

After a successful first year, teachers expanded the plantings, including lettuces, cucumbers and sugar snap peas. This success has also influenced the school's updated wellness policy to include language to ensure that this type of classroom-produced food can be used for classroom snacks in the future.

## Highlighted Accomplishments: Healthy Northland, 2016-17

Focus Area	Partner Sites with a PSE Change	Reach of PSE Changes
Active Living: Land Use and Zoning Regulations	3	96,039
Active Living: Increased Access to Facilities and Opportunities	9	95,754
Healthy Eating: Emergency Food Programs/Systems	3	17,650
Tobacco: Smoke-Free Housing	4	1,147
Workplace: Access to Healthy Eating	4	446
Schools: Healthy Snacks During School Day	48	16,933

## Anoka County

### Students work out and rock out by POUNDing

Physical education teachers are always looking for new ways to engage and increase physical activity opportunities for students.

When Columbia Heights physical education teachers were given the opportunity to review activities that appealed to more diverse student populations and abilities, they looked for something that included aerobics with a focus on rhythm and drumming.

In February 2017, physical education teachers, along with district staff and with support from Anoka County SHIP, researched POUND Fitness and gained approval to add it to their curriculum. Two teachers attended the POUND training; they later trained their teacher colleagues. Schools began implementing the programming in their physical education classes in fall 2017. POUND was so well received by students and staff that it has been added to after-school programming.

With the introduction of POUND Fitness to the rhythm unit of the district's physical education curriculum, students are not only learning about the benefits of daily physical activity, they are having fun. POUND incorporates aerobic physical activity through drumming-based fitness that combines cardio, rhythm and strength training. Students get to lead and move at their own ability while working out and rocking out.

SHIP staff were instrumental in supporting teachers to think outside of the box to meet the needs of their diverse student population. Through a process that incorporated a train the trainer model, Columbia Heights planned, implemented and sustained this opportunity and resource for their students. Since March 2017, seven teachers have been trained. Four schools and 2,249 students are now participating in POUND Fitness.

Columbia Heights is excited to be expanding this opportunity to its before- and after-school programs, giving students the chance to enhance healthy habits.

## Highlighted Accomplishments: Anoka County, 2016-17

Focus Area	Partner Sites with a PSE Change	Reach of PSE Changes
Healthy Eating: Emergency Food Programs/Systems	11	34,541
Tobacco: Smoke-Free Housing	3	258
Workplace: Access to Active Living	7	1,372
Schools: Farm to School	5	4,084
Schools: Quality Physical Education	5	3,611
Health Care: Clinic-Community Linkages	7	18,179

## Becker, Clay, Otter Tail and Wilkin Counties (PartnerSHIP 4 Health)

### Wellness makes strides at Detroit Lakes employer

What if workplaces encouraged their employees to make healthy choices during all those hours spent on the job?

At Lakeshirts in Detroit Lakes, an active and engaged wellness committee, created with help from PartnerSHIP 4 Health, does just that.

The company, a wholesale supplier of custom-designed apparel, crafted policies that are resulting in opportunities for employees to make healthy choices at work and create healthier lives.

Dietitians from PartnerSHIP 4 Health have worked with the company's cafeteria staff to add healthy food options. Staff have noticed vending machine purchases shifting away from sugary drinks toward water and other healthy options.

To highlight the policy and environmental changes that have taken place, the wellness committee organizes events such as the "Spring into Weight Loss Challenge," now in its third year. Participants are encouraged to eat healthy, drink more water and attend a 30-minute instructor-led workout class offered on-site every Wednesday, which PartnerSHIP 4 Health helped organize. To motivate employees to continue to be active, Lakeshirts pays half of the registration fee for any employee who participate in a company-sponsored community running event. After just one weigh-in, 64 employees have lost a total of 74 pounds.

Lakeshirts' wellness efforts are demonstrating results beyond employee weight loss. Employee health insurance rates have dropped nearly 13 percent from 2016 to 2017.

"We want to keep our employees healthy, and PartnerSHIP 4 Health has supported us as we move in that direction by providing resources and guiding us along the way," said Alma Alaniz, a human resources assistant at Lakeshirts.

## Highlighted Accomplishments: PartnerSHIP 4 Health, 2016-17

Focus Area	Partner Sites with a PSE Change	Reach of PSE Changes
Active Living: Comprehensive and Master Planning	6	17,086
Healthy Eating: Farmers Markets	2	8,020
Healthy Eating: Emergency Food Programs/Systems	11	61,711
Workplace: Breastfeeding Support and Facilities	24	6,096
Workplace: Access to Active Living	26	5,043
Schools: Quality Physical Education	48	18,912
Schools: Active Classrooms	50	19,142
Schools: Safe Routes to School	54	20,303

## Beltrami, Clearwater, Hubbard and Lake of the Woods Counties (North Country Health Alliance)

### Enjoying the ride in northern Minnesota

North Country SHIP schools are getting students out and active on bicycles.

Kelliher and Blackduck school districts in northern Beltrami County have embarked on a new adventure – bike education classroom during the school day. With funding from SHIP, schools now have a fleet of 30 bikes they’re using in the Walk! Bike! Fun! curriculum in physical education classes.

The curriculum focuses on safe traffic behavior and skill building that is helpful now and into the future.

“It’s important to teach kids lifelong activities and build the necessary skills to be able to feel comfortable riding around their community,” said Josh Larson, SHIP staff.

Previously, the schools borrowed bikes from the Bicycle Alliance of Minnesota to teach the curriculum. Because those bikes were shared with schools across the state, demand for those bikes was high, which limited access.

Kelliher School District is housing the fleet in an enclosed trailer. The school district and SHIP staff are planning to share the fleet with schools in Beltrami, Clearwater, Hubbard and Lake of the Woods counties.

“The bike fleet will be beneficial to our school and students in so many ways and at so many levels,” said Tim Lutz, Kelliher School superintendent.

In addition to use in physical education classes, the district will use the bikes in community education activities, after-school programming and bike-to-school initiatives.

“They will be of benefit to our students in terms of physical fitness, but also in terms of the training our students will receive in safe biking skills and methods,” Lutz said.

### Highlighted Accomplishments: North Country Health Alliance, 2016-17

Focus Area	Partner Sites with a PSE Change	Reach of PSE Changes
Workplace: Tobacco-Free Environments	1	68
Workplace: Breastfeeding Support and Facilities	1	68
Schools: Farm to School	6	1,286
Schools: Smarter Lunchrooms	6	1,286
Schools: Active Recess	6	1,286

## Benton County

### Improving walkability for all ages in Foley

Edith Grossland and her neighbor Ruth Pekarek have walked daily in downtown Foley for years.

They walk in all seasons. In the summer, they usually go in the evening when it’s cooler. They walk for at least an hour on most occasions.

This past summer, the Benton County Public Health Department purchased a pair of benches with support from SHIP. One way to improve walkability in a community is to add benches, which give residents a place to rest or wait, providing opportunities to engage with others.

Since the benches were installed in the downtown area, Public Works Director Mark Pappenfus noticed the pair sitting on the benches, resting during their walk. Grossland says they walk from bench to bench.

One of the goals of the city’s pedestrian plan is to create an aesthetically appealing and social streetscape in downtown for pedestrians. Elements that create a comfortable walking environment include benches, trees, street lighting, buffers from traffic, trash receptacles and more.

After receiving a grant from the Benton County Department of Development, the City of Foley has purchased eight more benches made from the same materials, recycled milk jugs. The two friends have some ideas about where more benches could be placed in the future to help expand their walking route.

The work in Foley is one example of the advancements the region has made in active transportation planning. The Public Health Divisions of Benton, Sherburne, Stearns and Wright counties, working under SHIP, have developed a Regional Active Transportation Plan that identifies a set of strategies to increase opportunities for walking and biking.

## Highlighted Accomplishments: Benton County, 2016-17

Focus Area	Partner Sites with a PSE Change	Reach of PSE Changes
Active Living: Comprehensive and Master Planning	2	1,491
Active Living: Increased Access to Facilities and Opportunities	1	2,636
Workplace: Access to Healthy Eating	5	831
Workplace: Breastfeeding Support and Facilities	4	713
Schools: School Based Agriculture	1	1,926
Schools: Active Classrooms	2	1,926

## Big Stone, Chippewa, Lac qui Parle, Swift and Yellow Medicine Counties (Countryside Public Health)

### Supporting new moms, getting babies off to a healthy start

Since breastfeeding is one of the best ways to ensure the health of a child from infancy, it is important to provide support for mothers to be able to continue breastfeeding after returning to work.

Countryside SHIP, which includes Big Stone, Chippewa, Lac qui Parle, Swift and Yellow Medicine counties, partnered with three health care centers in their service area. Swift County Benson Health Services, Essentia Health Graceville and Ortonville Area Health Services took a series of steps to become designated breastfeeding friendly workplaces, providing support and funding for each to:

- Create a policy that outlines how they will support and encourage breastfeeding mothers
- Increase flexibility in the work schedule for breastfeeding
- Provide lactation rooms

Each location found underutilized areas that could be converted into lactation rooms. “OAHS supported my decision to breastfeed by providing a comfortable, relaxing space for me to use while pumping. There were also multiple places available for me to store the breastmilk after I pumped,” said one OAHS employee.

Approximately three mothers per day, per site use the rooms. The benefits beyond this is immeasurable for the health of infants fed with breast milk, as they will grow up with an increased immunity and better chances of becoming a healthy adult.

Countryside is currently working with multiple sites – including KMS Elementary in Murdock, Swift County Courthouse, Countryside Public Health in Yellow Medicine County and Bert Raney Elementary in Yellow Medicine County to become designated Breastfeeding Friendly through the Minnesota Department of Health.

## Highlighted Accomplishments: Countryside Public Health, 2016-17

Focus Area	Partner Sites with a PSE Change	Reach of PSE Changes
Active Living: Increased Access to Facilities and Opportunities	4	43,928
Healthy Eating: Farmers Markets	8	60,464
Tobacco-free Living: Point of Sale	3	3,451
Workplace: Breastfeeding Support and Facilities	2	233
Workplace: Access to Active Living	4	439
Schools: School-Based Agriculture	7	2,014
Schools: Active Classrooms	9	2,907
Health Care: Evidence-based Programs	1	175

## Bloomington, Edina and Richfield

### Smoke-free policies are on the rise in multi-unit housing

Results from a survey of residents in several Bloomington apartments are paving the way for more smoke-free living options and healthier environments.

Bloomington's Health Division, with support from SHIP, has been offering assistance to adopt smoke-free policies in multi-unit housing. However, apartment managers said they feared losing revenue and were hesitant to move in that direction.

When apartment managers learned that a majority of residents in smoking-allowed properties supported a no-smoking building policy, many changed their minds.

Findings from the survey:

- Eighty percent of residents in smoking-allowed properties support a no-smoking policy
- Low-income earners reported secondhand smoke exposure at four times the rate of higher income earners
- More than half of children in smoking-allowed properties are reportedly exposed to secondhand smoke compared to less than a quarter of children in smoke-free properties
- More low-income earners live in smoking-allowed properties than smoke-free properties

Now, with the health division's help, apartment managers are planning to adopt smoke-free policies and protect their residents' health. Two property management companies recently opted to implement smoke-free policies, impacting 1,300 apartment units and thousands of residents, beginning Jan. 1, 2018.

“Our property management team has been thinking about going smoke-free for a while because we’ve gotten complaints from residents about secondhand smoke,” said Scott Krzmarzik, operations manager for one of the properties. “Bloomington Public Health helped us conduct a survey of our residents that gave us the information we needed to move forward in adopting a smoke-free policy in all 30 of our buildings. Everything went very smoothly.”

Bloomington Health and SHIP will continue to share data with additional property managers in 2018, and anticipate that many others will follow suit, with more residents able to breathe cleaner air.

### Highlighted Accomplishments: Bloomington-Edina-Richfield Public Health Departments, 2016-17

Focus Area	Partner Sites with a PSE Change	Reach of PSE Changes
Healthy Eating: Farmers Markets	3	55,320
Healthy Eating: Food Retail	5	85,826
Tobacco: Point of Sale	1	49,373
Schools: Active Recess	18	10,104
Schools: Safe Routes to School	16	7,000

## Blue Earth County (BE WELL)

### Filling up on a healthy beverage option

Who doesn’t want kids to drink more water? SHIP and its partners in public health work to promote this healthy option, and Blue Earth County SHIP worked locally to get Mankato students easier access to this healthy beverage option at school.

In spring 2017, BE WELL (the Blue Earth County SHIP grantee) and Nicollet County SHIP worked with eight Mankato Area Public Schools to complete their School Health Index (SHI), an assessment and planning tool schools use to improve health and wellness policies. The SHI had already been completed at the district level; the additional assessments now provide direction for health improvement efforts at the individual school level.

One of the emerging themes from the SHI results was lack of easy access to water in the schools.

SHIP staff at both Blue Earth and Nicollet counties worked with the schools to install 22 hydration stations, which were purchased with SHIP funds, while the schools covered installation costs. To support the effort even more, the schools changed existing policies to allow students to carry reusable water bottles into classrooms.

“I drink more water because it is easier to fill my water bottle,” said one fifth-grade student at Washington Elementary.

“Everyone is so glad we have [a hydration station]. It definitely helps the kids drink more water during the day because it's easier to fill up their water bottles,” said Kennedy Elementary staff member Brittinni Lockwood.

The project is affecting more than half of the schools in the Mankato district, reaching more than 4,000 students and 450 staff.

### Highlighted Accomplishments: Blue Earth County (BE WELL), 2016-17

Focus Area	Partner Sites with a PSE Change	Reach of PSE Changes
Active Living: Comprehensive and Master Planning	2	124,216
Active Living: Increased Access to Facilities and Opportunities	3	127,154
Healthy Eating: Food Retail	1	65,125
Workplace: Access to Healthy Eating	8	587
Schools: Farm to School	13	6,097
Schools: Healthy Snacks During School Day	2	833
Schools: Safe Routes to School	4	1,692
Schools: School Based Agriculture	5	2,206

## Brown, Nicollet, Le Sueur and Waseca Counties

### Fostering an environment for active living

A Safe Routes to School (SRTS) plan has been put in motion by the City of Springfield to foster active and healthy living goals by making it easier and safer for students to walk and bike to school.

The local SHIP grantee, which represents Brown, Nicollet, Le Sueur and Waseca counties, provided funding and technical assistance for this work.

The project began in fall 2015 and gained momentum after a Community Wellness Committee completed a “walking audit” of the more heavily traveled portions of the city’s pedestrian routes.

“The group identified areas where there were safety hazards to pedestrians such as a lack of signage, pedestrian ramps for handicapped residents, sidewalks that need repair and areas where sidewalk is lacking and thus, many people have to walk on the street,” said Matt Skaret, Springfield city manager/EDA director.

From there, the Community Wellness Committee developed and completed a SRTS plan in May 2017. SHIP funding helped implement some of the priorities identified in the plan, including temporary bump outs at key intersections and additional bike racks at Springfield Public School and St. Raphael’s School.

Not only will this work help students, it will benefit the entire community by supporting safe and convenient places to walk and bike. The community has additional plans to make even more changes.

“Springfield has a long history of promoting health and wellness and I expect this to be a long-term project,” said Skaret, “MnDOT will be resurfacing Hwy. 14 in 2022-2023 and we have already started discussions about adding sidewalks along the road. Currently, there are none in most places.”

### **Highlighted Accomplishments: Brown, Nicollet, Le Sueur and Waseca Counties SHIP, 2016-17**

<b>Focus Area</b>	<b>Partner Sites with a PSE Change</b>	<b>Reach of PSE Changes</b>
Active Living: Increased Access to Facilities and Opportunities	3	25,391
Healthy Eating: Community-Based Agriculture	6	6,473
Healthy Eating: Emergency Food Programs/Systems	3	6,175
Workplace: Breastfeeding Support and Facilities	1	140
Schools: School Based Agriculture	5	1,608
Schools: Healthy Snacks During School Day	2	1,445
Schools: Safe Routes to School	9	3,092
Health Care: Clinic-Community Linkages	3	11,030

## **Carver County**

### **Academics are on the move at Clover Ridge Elementary School**

Four years ago, teachers at Clover Ridge Elementary School in Chaska started a Movement in the Classroom Initiative to promote physical activity.

They went beyond traditional activities, such as “Brain Breaks,” to fully integrate moving and learning into the curriculum. Over the years, more and more Clover Ridge classrooms participated, and eventually all primary and many intermediate classrooms added movement in the classroom curriculum.

Research shows that when students move more, they are healthier, learn and behave better in the classroom and miss fewer school days due to illness.

This past year, Teacher Jake Jauert received Teacher of the Year award from the District 112 Foundation and used his award money to transform an unused computer lab into a kinesthetic classroom for all Clover Ridge students. SHIP helped purchase stationary bicycles, pedal stools, wobble balance boards and more. Jauert now runs the classroom and students attend the Academics in Motion (AIM) class two out of every six days for 30 minutes at a time. Each student now gets

approximately 60 additional minutes a week of physical activity while not missing out on any instruction.

Jauert works with all K-5 classroom teachers to create weekly lesson plans based on the reading and math instruction. The students then learn through movement-based activities using the kinesthetic classroom equipment.

“We can see if students are engaged in the work because they are actually moving to do the work,” Jauert said. “Also, we saw improvement in student engagement during seat work time because they are getting opportunities to move around at other times.”

AIM provides all 720 Clover Ridge students with standards- and evidence-based instruction and the health and learning benefits of extra physical activity.

### Highlighted Accomplishments: Carver County Public Health, 2016-17

Focus Area	Partner Sites with a PSE Change	Reach of PSE Changes
Healthy Eating: Farmers Markets	2	5,166
Healthy Eating: Emergency Food Programs/Systems	3	2,974
Child Care: Training/Technical Assistance on Healthy Eating	10	327
Workplace: Breastfeeding Support and Facilities	8	2,325
Schools: Healthy Snacks During School Day	1	656
Schools: Smarter Lunchrooms	6	5,509
Schools: Active Classrooms	9	4,333
Health Care: Clinic-Community Linkages	1	600

## Cass County (LiveHealthy Cass County)

### Supporting workplace wellness goals in Cass County

LiveHealthy Cass County is helping local businesses make it easier for employees to be healthier at work.

In 2016 LiveHealthy Cass County, the local SHIP grantee, formed a workplace wellness collaborative with Leech Lake Financial Services, Walker Adult Day Services and Walker Building Supply to expand opportunities to be healthier at work.

Through the collaborative, the three employers learned about strategies to help employees quit smoking, eat healthier, build more physical activity into their workdays, manage stress and support breastfeeding mothers.

Results of employee assessments and surveys provided direction for changes for each employer, including providing healthier food options for employees through healthy snack stations, growing their own food onsite to increase access to fresh produce and installing bike racks to encourage use of the extensive trail system in the area.

“We were able to purchase some raised garden beds in which we planted different varieties of lettuce at two different times as well as tomatoes, peppers and herbs so employees could enjoy eating healthier at work,” Walker Adult Day Service Executive Director Audrey Richardson said.

“We also acquired benches which we placed around the building. This provides a rest area for staff and others who are walking, and distances are measured out so one would know how far they walked at a given time,” she said.

Each employer continues to implement workplace policies to support employees in their health goals. For example, one employer will soon require employees take the appropriate breaks throughout the day to encourage physical activity.

This collaborative is now complete, but plans are in place to form another in the county, and use what was learned to help new employers in 2018.

### Highlighted Accomplishments: LiveHealthy Cass County, 2016-17

Focus Area	Partner Sites with a PSE Change	Reach of PSE Changes
Active Living: Increased Access to Facilities and Opportunities	1	3,501
Healthy Eating: Farmers Markets	1	600
Schools: Smarter Lunchrooms	5	1,885
Schools: Farm to School	2	860
Schools: Active Classrooms	2	860

## Chisago County

### Helping close the food access gap for Rush City students

The only grocery store in Rush City closed last year, eliminating opportunities for local residents to stop in and pick up something on the way home from work.

The inconvenience is magnified for residents who don’t have reliable transportation to get to the nearest grocery store, which is now 15 minutes away.

Rush City is considered a food desert, which is a term used to describe areas that lack access to affordable fruits, vegetables and other healthy food items.

Chisago County SHIP saw an opportunity to help close the food access gap for students at Rush City Elementary School, and mobilized local partners including the Rush City School District and Family Pathways to start a backpack initiative this past fall.

Any student can pick up food items to take home in their own backpacks, ensuring they have something to eat over the weekend. So far, about 30 students are participating.

“I will be forever grateful to Family Pathways and North Branch Food Shelf for their support and partnership in providing food for our students,” said Superintendent Teresa Dupre.

The effort was supported by a \$2,000 donation from Lake Regions EMS and \$2,000 from Family Pathways, which is now spearheading the initiative. SHIP is providing technical assistance.

### Highlighted Accomplishments: Chisago County, 2016-17

Focus Area	Partner Sites with a PSE Change	Reach of PSE Changes
Workplace: Breastfeeding Support and Facilities	2	700
Workplace: Access to Active Living	1	220
Schools: Farm to School	2	845
Schools: Smarter Lunchrooms	1	485
Schools: Active Recess	1	881

## Cottonwood, Jackson and Nobles Counties (Des Moines Valley Health and Human Services)

### Making Jackson a Bicycle Friendly community

The city of Jackson is creating a culture that supports biking and walking.

A 2016 survey found that nearly 20 percent of the county’s population was inactive. Residents identified barriers such as excessive vehicle speed and vehicles not yielding to pedestrians, sidewalk gaps and maintenance concerns, lack of bicycle parking and poor lighting at night and snow removal on sidewalks.

Since the community of Jackson is home to more than 14 miles of paved trails, promoting bicycling as a form of activity was a top priority for active living advocates. The work to improve biking will lead up to an application to recognize Jackson as a Bicycle Friendly community by the League of American Bicyclists. The community expects to apply for the recognition in February 2018.

Working with local advocates, Community Wellness Partners (CWP) – the local SHIP grantee -- incorporated Bike Friendly Communities recommendations and used SHIP funds to add crosswalks at unsafe intersections, benches along trails to encourage walking and resting, way-find signs to identify trail headways, trash receptacles and a bike repair station.

Since this work was done in late 2016, the Jackson Trails Committee noticed an increased use of trails, including with residents biking or walking on the trail for recreation, to get to work or to reach businesses in that area.

In 2018, the community will add trails near the high school to make walking and biking safer for youth; work with the Jackson Trails Committee to create an educational campaign to encourage

residents and visitors to use Jackson’s trail system; and work to create a more walkable Jackson using the Walk Friendly Communities application as a guide.

## Highlighted Accomplishments: Des Moines Valley Health and Human Services, 2016-17

Focus Area	Partner Sites with a PSE Change	Reach of PSE Changes
Active Living: Comprehensive And Master Planning	2	4,601
Active Living: Increased Access to Facilities and Opportunities	5	19,667
Healthy Eating: Food Retail	3	7,431
Workplace: Access to Healthy Eating	17	2,779
Workplace: Breastfeeding Support and Facilities	19	3,332
Schools: Safe Routes to School	5	1,430
Health-Care: Clinic-Community Linkages	2	1,564
Health Care: Evidence-Based Programs	2	7,938

## Crow Wing County

### Crow Wing employers are working toward wellness

Crow Wing County employers are working with Crow Wing Energized, a grassroots community health and wellness movement led and funded by SHIP, Crow Wing County and Essentia Health, to make healthier options available for their employees.

Twenty-nine employers are involved in a workplace collaborative with Crow Wing Energized, which provides training, technical assistance and networking for workplace representatives in best practices that create a culture of health within their organizations.

Consolidated Telephone Company (CTC) in Brainerd and Baxter is one example. It implemented several changes for its 60 employees to support workplace wellness.

Both CTC offices offer wellness rooms with exercise equipment for staff to use on breaks. As an added incentive, CTC changed its break policy to tack on an additional five minutes if the employee is exercising during the break. The employer also offers healthy foods in the vending machines, provides opportunities to order healthy salads and sandwiches several times a week, and sponsors “Fruity Tuesdays,” where fresh fruit can be purchased at cost.

Josh Gibbons and Micheal Moroni are CTC employees. Gibbons has lost 35 pounds, attributing his success to portion control and working out at the office; Moroni credits daily walks for a surge in afternoon productivity.

Gibbons said, “(the walks) clear your mind a bit more. You go out and get a walk in, and you come back with a different perspective.”

SHIP helped CTC with the purchase of some small exercise equipment and educated the company on the benefits of providing healthy food options.

Mills Fleet Farm is another locally-based employer making changes that support workplace wellness. They recently offered healthy food for employees of its 37 locations, including offering yogurt parfaits rather than cake or cookies for company celebrations.

### Highlighted Accomplishments: Crow Wing Energized, 2016-17

Focus Area	Partner Sites with a PSE Change	Reach of PSE Changes
Active Living: Increased Access to Facilities and Opportunities	8	63,258
Healthy Eating: Emergency Food Programs/Systems	3	3,470
Healthy Eating: Food Retail	1	7,613
Workplace: Tobacco-Free Environments	17	2,347
Workplace: Breastfeeding Support and Facilities	20	2,262
Schools: Farm to School	3	2,514
Schools: Active Classrooms	4	1,231

## Dakota County

### Helping older adults prevent falls and stay independent

In Dakota County in 2016, there were 2,930 falls for people age 60 and older that required emergency care, with 975 resulting in hospitalization.

To help older adults prevent falls and remain independent, Dakota County Public Health collaborates with community partners to support skill-building classes. These include A Matter of Balance, an eight-week series, and Aging Mastery, a 10-week series.

A Matter of Balance is recognized by the National Council on Aging as proven to prevent falls by helping older adults set realistic goals to increase physical activity and learn simple habits that can reduce their risk of falling.

Results from pre- and post-surveys given during series held in Dakota County in 2016 show that:

- 92 percent of participants completed exercises at home, which they learned through the program.
- 72 percent of respondents made changes to their homes to reduce their chances of falling.

- 96 percent agreed they were more comfortable talking with their healthcare provider about falling.

In April and May, a second round of the Aging Mastery Program wrapped up in Rosemount, Farmington and Hastings. The series featured experts on a range of aging-related health topics including healthy eating and hydration, exercise, advance planning and falls prevention. Dakota County Health Promotion staff supported these series by presenting on falls and healthy nutrition/hydration, reaching 88 residents across the three cities.

“We could not host programs such as the Aging Mastery Program without the support of our partners in Dakota County Public Health. The people signed up for this class could not be more excited about it!” said Rosemount’s Recreation Coordinator.

As a follow-up to the series, the Rosemount Steeple Center will offer A Matter of Balance in partnership with Dakota County Public Health, with funding through SHIP.

### Highlighted Accomplishments: Dakota County Public Health, 2016-17

Focus Area	Partner Sites with a PSE Change	Reach of PSE Changes
Tobacco-Free Living: Smoke-Free Housing	7	576
Workplace: Access to Healthy Eating	4	1,489
Workplace: Access to Active Living	4	450
Schools: Smarter Lunchrooms	10	5,766
Schools: Quality Physical Education	3	1,507
Schools: Active Recess	6	2,637
Schools: Active Classrooms	2	995

## Dodge and Steele Counties

### Getting meals in motion in Steele County

It’s a simple idea: Get food to people who cannot get to the bricks and mortar Steele County Food Shelf in Owatonna.

About 30 percent of people who were eligible for the food shelf weren’t accessing it, due to mobility issues, lack of transportation and more. The Steele County Food Shelf launched its mobile food shelf – Meals in Motion – in January 2017 to provide a more convenient way to reach those clients.

Meals in Motion visits clients who qualify for food shelf assistance but can’t get to the stand-alone food shelf. The van stops twice a month in Owatonna, Medford, Blooming Prairie and Ellendale, visiting homes, senior centers, apartment complexes and mobile home parks.

The original goal was to reach 100 clients. As of December 2017, Meals in Motion is serving 115 households and 138 individual clients twice a month.

A work group formed several years ago to address healthy food access issues in Steele County. The work group received a \$75,000 Hunger Solutions grant to help address food access in the county. This money funded the purchase of a new delivery van, a ramp and for staff time. SHIP funds were used to purchase the refrigeration units for the van, helping store fresh produce, milk and eggs during transportation.

“There’s hope in the community now,” said Rich Pettet, the mobile food shelf coordinator. “There’s another resource out there that’s going out to meet them. They have an alternative now to always have food.”

Last summer, Meals in Motion was used to deliver breakfast and lunch for the Owatonna Public School District’s summer meal program at the library. There were three drop-off locations in Owatonna.

### Highlighted Accomplishments: Dodge and Steele Counties, 2016-17

Focus Area	Partner Sites with a PSE Change	Reach of PSE Changes
Active Living: Increased Access to Facilities and Opportunities	4	2,667
Healthy Eating: Emergency Food Programs/Systems	2	1,812
Workplace: Tobacco Cessation Support	7	1,188
Workplace: Access to Healthy Eating	4	2,450
Schools: Healthy Snacks During School Day	3	2,043
Schools: Quality Physical Education	2	617

## Douglas, Grant, Pope, Stevens and Traverse Counties (Horizon SHIP)

### Living smoke-free at Ecumen Bethany Community in Alexandria

More than 150 employees, 250 residents and guests of Ecumen Bethany Community in Alexandria will now breathe easier as a result of a new, tobacco-free grounds policy that complements an already established smoke-free indoors policy.

Effective July 1, 2017, the new policy, including e-cigarettes, was implemented for the entire 20-acre retirement community on the shores of Lake Winona.

“We are protecting the health of our residents from tobacco and secondhand smoke and helping build healthy places in the City of Alexandria,” said Wendy Halbe, Ecumen Bethany Community Housing Manager.

Ecumen Bethany started its commitment to reduce smoke and tobacco exposure in May 2010 by adopting and implementing a smoke-free indoor policy (including e-cigarettes) for all of its apartments and care facilities.

Smoke-free environment protects from the dangers of secondhand smoke and reduces the risk of heart attacks, heart and lung disease, cancer and respiratory illness.

“This is an example of how the places we live and work can support us in being healthy,” said Halbe.

Horizon SHIP provided signage, led resident meetings to help ease the transition of the policy change and provided resources for residents who are quitting tobacco use.

### Highlighted Accomplishments: Horizon SHIP, 2016-17

Focus Area	Partner Sites with a PSE Change	Reach of PSE Changes
Active Living: Increased Access to Facilities and Opportunities	3	34,296
Tobacco-Free Living: Point of Sale	1	5,961
Workplace: Access to Healthy Eating	13	1,188
Workplace: Access to Active Living	14	1,188
Schools: Healthy Snacks During School Day	6	1,507
Schools: Active Recess	4	670

## Faribault, Martin and Watonwan Counties

### Supporting breastfeeding mothers at work and in the community

Worksites across Faribault, Martin and Watonwan counties are supporting breastfeeding among employees by improving facilities for new mothers and developing breastfeeding friendly work place policies.

Returning to work is a critical transition time for breastfeeding women, and many choose to not nurse their babies because of the challenges with expressing milk while at work. Employers in the three-county area are becoming more interested in improving accommodations for breastfeeding employees because research shows that infants who are breastfed are sick less often, therefore reducing employee absenteeism. Breastfeeding can lower health care costs for mom and baby, can reduce turnover rates and improve productivity in the work place. Breastfeeding is good for a company’s bottom line.

SHIP staff help lead employers through reviewing their return to work policies after maternity leave, provide information about the federal and state laws supporting breastfeeding, and help employers create a secure space for breastfeeding moms to pump during their work hours.

Several schools in the area have recently established dedicated spaces and resources for breastfeeding, as well as developed breastfeeding support policies to encourage and promote breastfeeding among staff. Schools like Blue Earth Area, Martin County West and United South Central have recently adopted policies that promote breastfeeding by allowing flexibility in the work day for expressing milk, and ensuring a clean, private space (not in a restroom) is available with storage options for refrigerating breastmilk.

“Not only has the new breastfeeding space been helpful for our staff, but also visitors,” says Ann Crofton, Blue Earth Area Schools school nurse.

Schools are not the only places working on promoting breastfeeding for employees. Hy-Vee in Fairmont and Tony Downs Foods in Madelia are both in the process of dedicating space for employees. The space at Hy-Vee will also be available for customers, a huge benefit for busy moms who bring their children shopping.

### Highlighted Accomplishments: Faribault, Martin and Watonwan Counties, 2016-17

Focus Area	Partner Sites with a PSE Change	Reach of PSE Changes
Active Living: Increased Access to Facilities and Opportunities	1	1,942
Healthy Eating: Food Retail	10	7,492
Workplace: Access to Healthy Eating	5	782
Workplace: Access to Active Living	6	987
Schools: Quality Physical Education	10	2,459
Schools: Healthy Snacks During School Day	9	2,063
Schools: Safe Routes to School	5	1,325
Health Care: Clinic-Community Linkages	1	6,000

## Fillmore and Houston Counties

### A fresh approach to providing fresh, healthy food

Each month, the Southeast Minnesota Community Action Agency (SEMCCAC) serves an average of around 200 households, and provides nearly four tons of food through its food shelf. To make sure they are meeting the needs of their clients, SEMCCAC collaborated with Houston County SHIP to identify barriers to accessing healthy foods.

What they discovered was that clients went straight for healthy foods and fresh produce when available, but those options weren’t always available.

In 2017, SHIP and SEMCAC decided to do a food shelf refresh. They improved their onsite gardens by adding a soaker system to help increase the amount of produce, installed additional refrigeration space to offer a larger variety of fresh foods and dairy products, and purchased shelves and baskets to better display produce. In addition, the food shelf began providing tips and recipes on how to prepare fresh produce and revamped the food shelf to make it look more like a grocery store.

Food Shelf Manager Kristy Pearce said one local family of five is thrilled to be able to access fresh fruits and vegetables, and the kids love the selection, many of which they have never been exposed to before. Pearce said she noticed a greater sense of pride and dignity in clients now that the food shelf resembles more of a grocery store.

“Senior citizens have said they can now reach fresh produce with the change in how it’s displayed, whereas before it wasn’t easily accessible to them,” Pearce added.

More awareness and education efforts encouraging community members to donate healthy food items and to donate excess garden produce have also resulted in an increased availability of healthier foods.

### Highlighted Accomplishments: Fillmore-Houston CHS, 2016-17

Focus Area	Partner Sites with a PSE Change	Reach of PSE Changes
Active Living: Increased Access to Facilities and Opportunities	8	24,723
Healthy Eating: Farmers Markets	1	780
Healthy Eating: Emergency Food Programs/Systems	2	950
Workplace: Access to Healthy Eating	7	250
Workplace: Access to Active Living	9	545
Schools: School Based Agriculture	6	1,384
Schools: Quality Physical Education	7	1,286

## Freeborn County

### Snuffing out tobacco use in Freeborn County

It took four years, countless hours spent educating and collecting data to support a tobacco-free county grounds in Freeborn County. The hard work paid off in March 2017, with the Freeborn County Commissioners voting to restrict the use of any tobacco products on county grounds.

It was a challenging task for Freeborn SHIP and its Community Leadership Team. They worked diligently with partners, including the American Lung Association, to prepare a tobacco-free policy that matched what others were doing in the area. At first, the proposal was not met favorably,

despite a survey of county employees resulting in 80 percent supporting tobacco-free county grounds.

The group waited months until a new county commissioner was elected before it presented the information again. This time, it was met with success. Prior to the commission vote, Freeborn County Public Health Director Sue Yost discussed the economic and health benefits the ban would bring.

“Each employee who smokes costs the county \$3,391 each year,” Yost said. “Financially, it is the responsible thing to do,” she said, adding “Forty-two percent of workers attempt to quit smoking when employers restrict it.”

Commissioner Dan Belshan hopes this policy change will improve the health of employees. “We all know the hazards of smoking,” Belshan said. “Maybe it will be a deterrent to someone to not smoke or maybe quit.”

The policy took effect July 1, and restricts the use of tobacco products, including e-cigarettes, at the Freeborn County Government Center, the Department of Human Services and the county highway shop.

The group is currently working on a similar policy for the Freeborn County Fairgrounds.

### **Highlighted Accomplishments: Freeborn County, 2016-17**

<b>Focus Area</b>	<b>Partner Sites with a PSE Change</b>	<b>Reach of PSE Changes</b>
Active Living: Increased Access to Facilities and Opportunities	4	30,897
Healthy Eating: Farmers Markets	4	25,112
Healthy Eating: Food Retail	2	30,897
Tobacco-Free Living: Smoke-Free Housing	51	211
Workplace: Breastfeeding Support and Facilities	7	768
Schools: Smarter Lunchrooms	13	3,958
Health Care: Clinic-Community Linkages	1	500

## **Goodhue County**

### **Making it easier for seniors to bike**

Seniors wanted to ride bikes. This message became clear in Red Wing and Cannon Falls. The answer: bicycle lending programs.

Last summer, a survey of residents at the Pier 55 Senior Center in Red Wing found that 91.8 percent of respondents expressed interest in adding more biking in their daily life. Of those, 76 percent said

they would bike more if bikes were available at the center. Some barriers to biking included hilly terrain, challenges of loading bikes on their cars, and driving to and from trails.

A bike lending program presented a solution, and a grant from Live Well Goodhue County – the local SHIP grantee – helped Pier 55 purchase four bicycles and two adult trikes. The bike share program launched in August, and interest in using the bicycles was immediate and feedback was positive. “I was surprised how comfortable and sturdy they are and I like the pedal brakes a lot,” said Jane Martin, one of the bike users.

John Hobert with The Shepard’s Center of the Cannon Valley Seniors in Cannon Falls heard about the bike lending program at Pier 55 in Red Wing. After receiving funds from Live Well Goodhue County, bikes were delivered late October 2017 and the program will launch at that location in spring 2018.

Hundreds of people can benefit from the program, from the 800 members of the Red Wing Senior Center and beyond. The group is focused on developing more programs that will attract the age 55-60 population.

### Highlighted Accomplishments: Goodhue County Health and Human Services, 2016-17

Focus Area	Partner Sites with a PSE Change	Reach of PSE Changes
Active Living: Increased Access to Facilities and Opportunities	2	2,524
Healthy Eating: Farmers Markets	2	31,600
Emergency Food Programs/Systems	3	4,560
Workplace: Access to Healthy Eating	3	704
Workplace: Access to Active Living	3	276
Schools: Safe Routes to School	6	1,617

## Hennepin County

### Protecting youth from the harms of tobacco

Tobacco use remains the No. 1 preventable cause of death and disease in Minnesota. Nearly nine of 10 smokers start by age 18. The Institute of Medicine estimates that smoking among 15-to-17-year-olds will be reduced by 25 percent if the tobacco sales age is raised to 21. This prompted the City of St. Louis Park to act, becoming the second city in Minnesota to raise the legal age to purchase tobacco.

In December 2016, Councilmember Sue Sanger connected with Hennepin County Public Health (HCPH) staff regarding youth access and exposure to tobacco products in St. Louis Park. "Smoking contributes significantly to many health issues, both for the smoker and those around them," said

Councilmember Sanger. "Raising the minimum age to purchase tobacco to 21 is a very sensible and easy-to-enforce way to address this serious public health issue."

Together with the Public Health Law Center, HCPH and public health partners provided education, data, and technical assistance to the council and staff on municipality tobacco prevention strategies. On July 17, 2017, the council approved an ordinance to raise the legal purchase age and administrative fines for ordinance violations effective on Oct. 1, 2017.

St. Louis Park’s prevention efforts did not stop there. Concerned about youth access to fruit and candy flavored tobacco products, the Council also passed a prohibition on the sale of several flavored tobacco products, including all electronic cigarette flavorings. It will go into effect May 1, 2018.

### Highlighted Accomplishments: Hennepin County Public Health Department, 2016-17

Focus Area	Partner Sites with a PSE Change	Reach of PSE Changes
Active Living: Other Active Living Activity	1	51,023
Healthy Eating: Other Healthy Eating Activity	11	109,269
Tobacco: Smoke-Free Housing	16	3,364
Workplace: Access to Healthy Eating	6	1,805
Workplace: Access to Active Living	8	3,697
Schools: Smarter Lunchrooms	30	20,076
Schools: Before/After Schools Physical Activity Opportunities	7	4,520
Health Care: Clinic-Community Linkages	3	520

## Isanti, Kanabec, Mille Lacs and Pine Counties (Partners in Healthy Living)

### Supporting breastfeeding moms at community events

Nursing moms need a quiet, clean space to feed their babies. Kanabec County SHIP, known locally as Partners in Healthy Living, mobilized in 2017, providing a traveling lactation space for community events.

It debuted in August at Kanabec County’s Back to the Tower Days celebration. The “it” is a blue pop-up tent that provides breastfeeding mothers a clean, comfortable space to feed their babies or pump breast milk while attending community events.

The tent was popular at the festival, with dozens of women using it over the four-day event. It’s also free for use at other community events, with thousands of mothers – and their babies – the potential beneficiaries.

The initiative also signifies work by county staff to advance the breastfeeding friendly efforts beyond the workplace, which had been much of the focus.

Purchasing the tent was the result of a collaborative effort between Kanabec County Community Health, FirstLight Health System, SHIP, East Central Breastfeeding Coalition, Kanabec Publications and Partners in Healthy Living.

The group has identified a need to support breastfeeding moms, knowing that breastfed babies are at lower risk for ear and respiratory infections, diarrhea, asthma and obesity, and mothers who breastfeed are less likely to develop diabetes or breast or ovarian cancer.

### Highlighted Accomplishments: Partners in Healthy Living, 2016-17

Focus Area	Partner Sites with a PSE Change	Reach of PSE Changes
Active Living: Comprehensive and Master Planning	1	38,296
Healthy Eating: Emergency Food Programs/Systems	1	7,701
Workplace: Tobacco Cessation Support	3	910
Workplace: Breastfeeding Support and Facilities	4	1,315
Workplace: Access to Active Living	2	1,176
Schools: Healthy Snacks During School Day	13	7,837
Schools: Before and After School Physical Activity Opportunities	3	2,428
Schools: Active Classrooms	10	5,342
Health Care: Evidence-Based Programs	1	236

## Kandiyohi and Renville Counties

### Community comes together for health while supporting the local economy

Despite its reputation of being a rich agricultural state, not everyone in Minnesota has access to healthy and affordable food. In some communities, finding healthy food means traveling long distances from home or paying high prices for what is available locally.

Take Renville County. More than 45 percent of the population travels 21 plus miles to a grocery store.

When one of the two grocery stores in Renville County was under threat of closing permanently, a group of local business owners came together and purchased Island Market, the grocery store in Bird Island (population 1,042).

Grocery stores like Island Market serve as an anchor business for a small town. In Bird Island, the community is showing that working together for health is also a way to support the local economy. The community is now almost a year into a new model that saved its grocery store.

“Some people in our community do not have the ability to shop outside of town so for them it’s a plus,” said Debbie Garete, longtime Renville County resident.

In order to close the gap of healthy foods available to Renville County residents, Renville County SHIP worked with the Island Market store owners and Olivia-based United Acres to provide locally grown produce to the store for purchase. It also provided the funds to purchase the cooler needed to supply fresh foods on a regular basis.

Island Market promotes those items as locally grown and is successful in filling the needs of its community by selling produce purchased from area farmers, supporting the local economy and maintaining residents’ access to healthy foods.

### Highlighted Accomplishments: Kandiyohi and Renville Counties, 2016-17

Focus Area	Partner Sites with a PSE Change	Reach of PSE Changes
Active Living: Increased Access to Facilities and Opportunities	2	20,979
Healthy Eating: Emergency Food Programs/Systems	2	82,611
Healthy Eating: Food Retail	2	34,856
Schools: Healthy Snacks Outside of School Day	1	1,481
Schools: Active Classrooms	1	117

## Kittson, Marshall, Pennington, Red Lake and Roseau Counties (Quin)

### Bringing the farm to child care

Quin County SHIP planted a seed with child care providers in the area, encouraging them to grow their own food to help provide healthy, fresh foods to the children.

Several said “yes” and the gardens generated more than just food.

Cindi Sele is a Certified Parent Aware child care provider in Pennington County. She has owned and operated her business for 18 years and currently provides cares for two children on the child care assistance program and seven kids on Parent Aware scholarships.

Access to fresh vegetables is challenging for these families. Sele, with financial support from SHIP, built and planted several raised gardens. The kids helped select the seeds, providing a sense of pride, ownership and excitement to try the variety of vegetables they so carefully helped select and grow.

“We would pick tomatoes and cucumbers and peas every week and make a meal for the kids for over a month,” Sele said.

The vegetables were used in sandwiches, salads and sauces and for snacking raw.

“The kids *loved* it,” Sele said. So did the families. More than 50 family members received produce brought home by the kids, and three of the families built their own raised garden beds.

SHIP also helped with the training on healthy eating, promoting farm to childcare and introducing healthy foods to some underserved children and their families.

“SHIP is a good program. I may have not got all this done as fast as I did without the SHIP mini-grant funds and resources. It has been a dream to build something better for the kids,” said Sele.

### Highlighted Accomplishments: Quin, 2016-17

Focus Area	Partner Sites with a PSE Change	Reach of PSE Changes
Active Living: Increased Access to Facilities and Opportunities	3	13,556
Healthy Eating: Emergency Food Programs/Systems	3	2,490
Tobacco-Free Living: Smoke-Free Housing	51	1,384
Workplace Wellness: Breastfeeding Support and Facilities	6	9,263
Workplace Wellness: Access to Active Living	7	8,868
Schools: Healthy Snack During School Day	5	609
Health Care: Evidence-Based Programs	1	8,500

## Lincoln, Lyon, Murray, Pipestone, Redwood and Rock Counties (A Healthier Southwest – Southwest Health and Human Services)

### Connecting farm to school in Walnut Grove

Walnut Grove Elementary students are getting to know the connections between their school and local producers, thanks to Farm to School.

Farm to School links schools with locally grown foods to increase access of fruit and vegetables in schools. A Healthier Southwest addresses health equity by targeting SHIP efforts at schools with greater than 50 percent of their students eligible for free and reduced lunch.

Walnut Grove Elementary food service director, Michele Freeburg, welcomed a partnership with A Healthier Southwest, the local SHIP grantee. The school wellness council at Walnut Grove Elementary wanted to enhance an existing relationship with local producers, promote healthy school meals, increase student knowledge of where their food is grown and integrate Farm to School into the classroom.

Almost 2,000 pounds of produce was purchased from Ruppert Garden Produce during the 2016 growing season.

When working with this amount of fresh produce, food service staff need efficient and healthy ways to prepare it. The school’s success in Farm to School helped leverage additional grant funds. The school used \$16,845 in grant money from Agricultural Growth, Research and Innovation and Blue Cross Blue Shield to purchase a new steamer to prepare fresh vegetables for school lunches. SHIP funds were used to update Farm to School signage throughout the cafeteria.

The wellness council will make Farm to School Month an annual event at Walnut Grove Elementary and has integrated it into their school wellness policy. Students will participate in field trips to local farms, highlight what they learn at school assemblies and enjoy fresh locally grown food in the cafeteria each school year.

### Highlighted Accomplishments: A Healthier Southwest, 2016-17

Focus Area	Partner Sites with a PSE Change	Reach of PSE Changes
Active Living: Comprehensive and Master Planning	5	34,945
Healthy Eating: Farmers Markets	3	44,772
Healthy Eating: Emergency Food Programs/Systems	1	7,820
Workplace: Access to Healthy Eating	9	500
Schools: Smarter Lunchrooms	11	2,554
Schools: Active Classrooms	7	1,590
Schools: Healthy Snacks During School Day	3	713

## Meeker, McLeod and Sibley Counties

### Providing client choice at the Meeker Area Food Shelf

This year at the Meeker Area Food Shelf, staff are focusing on providing healthy choices to clients.

The food shelf recently switched from prepackaged boxes of food to a “client choice” model of service. That means the food shelf looks and feels more like a grocery store; clients select food items that best fit the needs of their families.

Staff spent time setting up an area in the food shelf for boxed and canned items, but noticed they were falling short at offering clients their own choices of fresh and frozen items due to not having access to a larger refridgerator.

Thanks to support from SHIP, the food shelf purchased arefridgerator and freezer unit to add to the shopping area for clients. Clients now get to hand-select the items they are taking home to prepare for their families.

Fresh fruits and vegetables are being displayed in new baskets, which helped make these items look more appealing. As a result of that change, clients are choosing more fresh items over canned ones.

Since making those healthy changes, the Meeker Area Food Shelf is serving more clients than ever before. They believe this is due, in part, to the quality of food and how it’s displayed.

The food shelf is currently serving around 450 individuals each month, an increase of more than 200 clients.

### Highlighted Accomplishments: Meeker-McLeod-Sibley SHIP, 2016-17

Focus Area	Partner Sites with a PSE Change	Reach of PSE Changes
Active Living: Comprehensive Master Plan	1	5,760
Active Living: Increased Access to Facilities and Opportunities	1	17,857
Healthy Eating: Emergency Food Programs/Systems	1	25,200
Healthy Eating: Farmers Markets	2	3,700
Tobacco-Free Living: Smoke-Free Housing	10	100
Workplace Wellness: Tobacco Cessation Support	1	200
Schools: Smarter Lunchrooms	5	1,421
Health Care: Evidence-Based Programs	1	23,327

## Minneapolis

### Making walking easier for public housing high-rise residents

Most of Minneapolis’ 5,000 public housing high-rise residents rely on walking and transit to get around to places like the grocery store, doctor and to see friends and family. Many also rely on walking as a form of exercise.

Not all residents feel safe or comfortable walking near their building – in part because of driver behavior and because some streets are not well designed for pedestrians, especially older adults and those with disabilities who may move slowly or use mobility devices.

Mary McGovern, 67, has been a resident of Elliot Twins, a public housing high rise in Minneapolis, for nearly a decade. She is also an avid walker and advocate for healthy living. According to McGovern, her neighbors “want to know that they can go out their door and feel safe. They shouldn’t have to worry that they will get hit by a car if they leave their apartment and cross a street.”

With support from SHIP, Minneapolis Health Department staff are helping public housing residents find ways to be healthier and more active, with a special focus on improving walking environments near high-rise buildings and supporting residents’ efforts to walk more.

SHIP staff and public housing residents used results of walking audits and site visits to push for immediate improvements, like getting a stop sign placed at an uncontrolled intersection and to set the stage for longer-term infrastructure changes. In March 2016, the City’s Pedestrian Advisory Committee (PAC) passed a resolution in support of the findings from the *Barriers to Walking* report and made a commitment to “...advising city leadership and Public Works staff on the implementation of solutions to remove the barriers identified...” In December 2016, the PAC recommended that the City use its capital improvement program to address some of the specific street crossings identified by residents as priorities.

In 2017, the City selected one of these projects, a mid-block crosswalk near a high-rise, for construction in 2018. Residents also successfully advocated for a bus shelter near a senior center and improvements to a crosswalk near a high-rise building that had poor driver compliance and where two residents had been hit by a car.

### Highlighted Accomplishments: Minneapolis Health Department, 2016-17

Focus Area	Partner Sites with a PSE Change	Reach of PSE Changes
Healthy Eating: Food Retail	262	399,950
Tobacco-Free Living: Smoke-Free Housing	16	2,280
Tobacco-Free Living: Point of Sale	1	399,950
Schools: Safe Routes to School	12	6,334
Schools: Active Recess	41	19,529

### Morrison, Todd and Wadena Counties (Health4Life)

#### Providing seniors access to meals they need to stay independent

A community celebration took place in November 2017 to mark the official opening of the Hilltop Regional Kitchen in Eagle Bend. The new facility will help ensure that Todd and Wadena county residents have access to the nutrition and services they need to stay healthy and independent in their homes, which can result in cost savings and improved quality of life for seniors.

The former kitchen facility, located at the Eagle Bend Senior Center, was at maximum capacity. It produced nearly 5,000 meals per month, including 14 frozen meals delivered every two weeks to rural residents in Todd and Wadena counties. While senior meal production consistently increased, the facility provided no opportunity for expansion.

The new, larger kitchen will increase meal counts, provide more space between work areas for safer cooking, allow for storage of dry goods and procurement of local foods for higher quality meals without greater costs. The facility will also provide a dining area for congregate meals, senior education opportunities and community events.

The new facility was funded by private and public grants, foundations and more than 80 local donations. Among them was a \$465,400 grant from South Country Health Alliance Community Reinvestment program that Todd County Health and Human Services received in 2014 to renovate the Eagle Bend High School Ag/Shop building to serve as the home for the new facility.

Local SHIP staff have played a significant role in the planning, fundraising and creation of the Hilltop Regional Kitchen. SHIP funded kitchen equipment and provided assistance with promoting the new kitchen facility. The importance of senior nutrition has been a core component of Health4Life’s work, and the Hilltop Regional Kitchen will be a long term solution ensuring senior meals are available for years to come.

### Highlighted Accomplishments: Morrison-Todd-Wadena Health4Life, 2016-2017

Focus Area	Partner Sites with a PSE Change	Reach of PSE Changes
Healthy Eating: Farmers Markets	1	2,600
Healthy Eating: Food Retail	1	71,187
Workplace Wellness: Access to Healthy Eating	4	506
Workplace Wellness: Breastfeeding Support and Facilities	4	373
Schools: Farm to School	2	860
Schools: Smarter Lunchrooms	14	5,061
Schools: Quality Physical Education	1	277

## Mower County

### Opening more doors to physical activity

Grand Meadow is a growing, thriving community, and residents have set out to ensure that everyone has opportunities to be more active.

Cindy Peterson, the now-retired Mower Wellness Coordinator, along with other staff at Grand Meadow Public School, used a simple approach to ensure that community members could have physical fitness options five days a week.

The school implemented a change in policy to open its gym and track areas – at no charge - for several hours every weeknight. This change was put in place to encourage students and the public to get active in a safe environment.

The fitness arena includes an upstairs fitness and weight rooms and a walking track. Mower County SHIP helped champion the effort by providing technical assistance to enhance the policy language and help purchase some equipment.

Due to high community interest and response, Mower County SHIP plans to build on the partnership and add more equipment to continue providing community members more opportunities to be active.

## Highlighted Accomplishments: Mower County, 2016-17

Focus Area	Partner Sites with a PSE Change	Reach of PSE Changes
Health Care: Clinic-Community Linkages	1	9,282
Active Living: Increased Access to Facilities and Opportunities	2	39,227
Schools: Smarter Lunchrooms	6	2,453
Workplace Wellness: Access to Healthy Eating	1	100
Tobacco-Free Living: Smoke-Free Housing	2	384
Healthy Eating: Farmers Markets	3	2,450

## Olmsted County

### Opening up a whole new world of opportunities

Rochester is proud to be designated as a Bike Friendly Community for its 85 miles of paved trails, as well as bike lanes and infrastructure to support bikes, bike share, bike friendly businesses, social cycling groups and bicycle advocacy groups.

SHIP has been instrumental in many stages building this infrastructure and improving access to bikes and bike education.

Although these efforts received high accolades, participation was difficult for beginning cyclists and those with disabilities. That is now changing, thanks to Olmsted County SHIP and its partners.

In spring 2017, a community open house was held for individuals, families and caregivers to test drive a variety of adaptive bikes.

Adaptive equipment was added to fleets in multiple sectors based on participant feedback at this event. Adaptive trikes and tandems were purchased for Park and Recreation, two styles of trikes were purchased for Developmental Adapted Physical Education, and strider bikes were added to school and Community Education fleets.

Positive reaction rolled in. “I liked being able to have my son ride the bikes of his choosing,” one parent said. A teenaged participant said, “I really like that the bike is three wheeled because I can’t ride a two wheel and I like how easy it is to get in and out.”

Next, Olmsted County SHIP will help BikeMN in developing adaptive curriculum for physical education teachers to guide the use of bikes in the Adaptive Development Physical Education and extend the use of the Park and Recreation bikes to the community.

The addition of the bikes will increase access, skills and joy to those learning to ride, those with differing abilities and caregivers who wish to share a bike ride. With these bikes, a whole new world can open to someone with a disability.

## Highlighted Accomplishments: Olmsted County Public Health Services, 2016-17

Focus Area	Partner Sites with a PSE change	Reach of PSE Changes
Workplace Wellness: Tobacco-Free Environments	2	3,030
Workplace Wellness: Access to Active Living	6	70,514
Schools: School Based Agriculture	10	4,043
Schools: Safe Routes to School	7	3,362
Schools: Before and After Schools Physical Activity Opportunities	3	1,800
Schools: Healthy Snacks During the Day	5	2,321

## Polk, Mahnomen and Norman Counties

### Paving the way to a healthier community

It started with a trail, but grew into something much more.

This story began in September when the communities in Polk, Norman and Mahnomen counties, in partnership with the White Earth Nation, gathered in Mahnomen for a celebratory grand opening of the Mahnomen Trail, a three-quarter-mile paved trail that runs along busy Highway 59. The event came after years of planning to add the paved stretch of trail, which ultimately served as a launching pad for a variety of active living efforts.

A little about the day. It included a bike rodeo, bike parade, helmet sale, bike giveaway and more. More than 60 kids attended, and, along the parade route, the parade passed in front the Boys and Girls Club.

Children were standing outside, cheering as the parade passed. Polk, Norman and Mahnomen SHIP staff saw an opportunity to provide access to bikes for those kids. Staff immediately went to work and applied for a grant through Free Bikes 4 Kidz, which provides bicycles to children, especially in underserved communities.

Naomi Carlson, Headwaters Regional Development Commission, said, “Staying physically active is so important for your overall health reducing risk of chronic diseases. The trail has opened opportunities for the school to provide educational opportunities, supporting Safe Routes to School, Walk to School days, parades and Walk! Bike! Fun! curriculum.”

The Boys and Girls Club received 120 bicycles, nearly double the number that was requested. The club will use the bike fleet to support active living and chronic disease prevention education, with a goal of getting kids on the new trail and other amenities planned, including a new crosswalk to the trail and a safe connection spot to the downtown area.

## Highlighted Accomplishments: Polk, Mahnomen and Norman Community Health Services, 2016-17

Focus Area	Partner Sites with a PSE Change	Reach of PSE Changes
Active Living: Increased Access to Facilities and Opportunities	4	12,427
Tobacco: Point of Sale	2	7,847
Workplace: Breastfeeding Support and Facilities	4	497
Schools: Smarter Lunchrooms	17	3,765
Schools: Safe Routes to School	7	2,243

## Rice County

### Improving balance and maintaining independence for Rice County seniors

Shirley Comeaux was looking for a way to improve her balance when she heard about the class Tai Ji Quan: Moving for Better Balance offered at Northfield Retirement Community.

“People began talking about the classes,” she said. “It sounded like what I needed. I needed to know how to keep my balance.”

The free class was available as a result of a collaboration between Rice County SHIP and Northfield Retirement Community, where Comeaux lives.

Tai Ji Quan: Moving for Better Balance has been proven effective for seniors in decreasing the number of falls, the risk of falling and fear of falling. Nearly half of fatal falls for older Minnesotans happen at home.

Amy Belcher, the wellness coordinator at Northfield Retirement Community, says SHIP’s support for the class was crucial to the quick implementation and success of these classes.

“Because of the SHIP grant, we were able to get the training for free and offer the classes for free for our residents and members of the community,” Belcher said.

The collaboration with Northfield Retirement Community is one example of how SHIP can initiate a project that local partners can build upon to create a sustainable impact.

“We did a one-time provision of resources for them, and now they are in-house offering these classes,” said Sara Coulter, clinic and community supervisor at Rice County Public Health. “It’s been

great. They are training seniors on simple things they can do to live longer, healthier lives and stay independent.”

## Highlighted Accomplishments: Rice County, 2016-17

Focus Area	Partner Sites with a PSE Change	Reach of PSE Changes
Active Living: Increased Access to Facilities and Opportunities	4	64,886
Healthy Eating: Farmers Markets	2	6,517
Workplace: Access to Active Living	15	1,368
Schools: Healthy Snacks Outside of School Day	1	1,230
Schools: Healthy Snacks During School Day	2	1,166
Schools: Before/After Schools Physical Activity	6	3,205
Health Care: Evidence-Based Programs	4	53,402

## Saint Paul – Ramsey County

### Breathing cleaner air in New Brighton

Lakes Run Apartments, a 52-unit building located in New Brighton, is home to about 200 residents who are now able to breathe clean air inside their homes.

In February 2017, Property Manager Brenda Wilson contacted the American Lung Association, which partners with Saint Paul-Ramsey County Public Health (SPRCPH) SHIP, to pursue implementing a smoke-free policy. SPRCPH uses SHIP funding and support to provide money and technical assistance to the American Lung Association to work on smoke-free housing policy change in multi-unit housing locations.

Smoke free since May 1, 2017, Lakes Run has created a healthier community for residents and staff by providing clean air for everyone living in and visiting the building. When interviewed on implementation day, Wilson said, “It’s an exciting day and I’ve received all positive feedback.”

Lakes Run did have obstacles to consider when it came to details in implementing the smoke-free policy. The property management company has smoke-free properties in other parts of Minnesota and Iowa, and the company requires a designated outdoor smoking area. Lakes Run is unique because one side of the building includes a playground and other sides have steep hills, not ideal for a designated smoking area nor does it meet SHIP standards.

The American Lung Association recommends a 100 percent smoke-free grounds policy. Since this was not feasible at the New Brighton location due to the requirements of the property management company, the policy specifies a distance of 25 feet from all structures on the property, including the

playground. Overall, everyone has been supportive of the smoke-free policy and is enjoying clean air in their homes.

## Highlighted Accomplishments: Saint Paul-Ramsey County Public Health, 2016-17

Focus Area	Partner Sites with a PSE Change	Reach of PSE Changes
Active Living: Comprehensive and Master Planning	1	527,411
Active Living: Increased Access to Facilities and Opportunities	1	27,257
Healthy Eating: Emergency Food Programs/Systems	2	14,260
Healthy Eating: Food Retail	17	3,234
Tobacco-Free Living: Smoke-Free Housing	8	1,120
Workplace: Access to Active Living	11	2,088
Schools: School Based Agriculture	12	9,681
Schools: Healthy Snacks During School Day	8	3,965
Schools: Safe Routes to School	10	6,159

## Scott County

### Expanding the concept of how good health is created

Good health doesn't start in the doctor's office. It starts where people live, work, learn and play.

Recognizing that economic conditions, access to housing, education and other situational factors also influence health, Scott County Public Health is using a screening tool that assesses social and economic factors for all patients visiting their mobile clinic. The effort is supported by Scott County SHIP.

The results of the assessment provide each patient with a personalized care plan including a customized list of local resources for each identified need (for example, food shelf, transportation or housing). In addition, patients who have been screened can then be referred to local clinics for continuity of care and additional care coordination. In 2016-17, there were 58 patients served.

The health care work by Scott County SHIP is connected to a larger Health Care System Collaborative, which was formed to identify, coordinate and prioritize the health needs of the community. It includes representatives from health systems and medical centers, health plans, the Shakopee Mdewakanton Sioux Community, schools and public health.

Through this coalition, two key improvement areas were identified:

- improve health care access for uninsured and underinsured patients

- engage residents in the process of identifying barriers to health care access

To that end, the collaborative hosted a community event to engage residents in the identification of barriers to health and health care within their own communities, as well as provided an opportunity to suggest strategies to address those barriers. The event brought a unique perspective that helped drive a more inclusive discussion around solutions in Scott County. Initial feedback revealed that community members experience a lack of culturally appropriate care and significant language barriers when seeking health care, as well as transportation issues. Some of the recommendations included creating a free clinic staffed with diverse health care providers, providing more prevention programs and materials in multiple languages and increasing free transportation options for clinics.

### Highlighted Accomplishments: Scott County Public Health, 2016-17

Focus Area	Partner Sites with a PSE Change	Reach of PSE Changes
Healthy Eating: Emergency Food Programs/Systems	3	36,481
Workplace Wellness: Access to Healthy Eating	4	1,742
Workplace Wellness: Breastfeeding Support and Facilities	3	1,816
Schools: Active Classrooms	4	1,716
Schools: Healthy Snacks During School Day	6	2,183

## Sherburne County (Sherburne Strong)

### Helping make farmers market produce within reach

In a move to expand access to healthy, locally grown foods, Big Lake Farmers Market rolled out new forms of payment this past summer, including Electronic Benefits Transfer (EBT), and debit and credit cards. These efforts were assisted by Sherburne County SHIP, which helped fund the machine, marketing and signage, among other supplies.

The rewards are two-fold: to increase access to high quality, nutritious food for families and to provide new sources of revenue back to local farmers. This change has also allowed Big Lake to participate in the Market Bucks Program, where SNAP participants can double their purchasing power.

Judy Wilts, a vendor at the farmers market, stated, “EBT/SNAP is a good program. The goal is to encourage people to try the Big Lake Farmers Market and see what produce is there. They may have thought farmers markets were out of their reach and now they aren't.”

Joseph Scott, a customer and vendor at the Big Lake Farmers Market, said accepting EBT “doubled the food, doubled the freshness with the Market Bucks match. Farm fresh food was way better tasting than the grocery store. It lasted twice as long. I will definitely take advantage of it next year!”

Sherburne County SHIP worked for months to establish connections with interested farmers markets to reduce food insecurity, which is key in building a healthy community. The plan is to partner with Big Lake next year to improve marketing and signage, and to expand the effort to other markets.

### Highlighted Accomplishments: Sherburne Strong, 2016-17

Focus Area	Partner Sites with a PSE Change	Reach of PSE Changes
Active Living: Increased Access to Facilities and Opportunities	1	4,647
Healthy Eating: Farmers Markets	2	4,200
Healthy Eating: Community-Based Agriculture	2	4,835
Workplace: Access to Healthy Eating	2	1,178
Schools: Healthy Snacks During the School Day	3	1,526
Schools: Active Classrooms	3	1,526
Health Care: Evidence-Based Programs	1	100

## Stearns County (Healthy Communities Stearns County)

### Making walking and biking easier in Albany

In November 2016, in collaboration with SHIP, the City of Albany began an effort to make bicycling and walking a more viable mode of transportation in the city, and the momentum has continued to grow.

The community has realized the many benefits an improved network for walking and biking can bring, including enhanced quality of life, and improved physical and mental health of residents.

The city installed two temporary on-road shared-use paths to connect into sidewalks and the Lake Wobegon Regional trail, as well as installed stop signs along one of the primary routes to the Albany Area Schools campus. Community members are appreciating the new bike racks that were placed in public parking and providing support for improving walking and biking in the city as it is a huge factor in younger families looking to purchase homes.

The school district has been a great partner and has been collecting Safe Routes to School data on how children are arriving and leaving school, has participated in National Bike to School and Walk to School days, and is teaching children bicycle and pedestrian safety through the Walk! Bike! Fun! curriculum.

Thanks to dedicated supporters and hard work, the city adopted the City of Albany Bicycle and Pedestrian Plan in September, and is already putting the plan to good use reviewing ordinances and applying for funding to install crosswalk improvements.

## Highlighted Accomplishments: Healthy Communities Stearns County, 2016-17

Focus Area	Partner Sites with a PSE Change	Reach of PSE Changes
Schools: School Based Agriculture	2	1,073
Schools: Healthy Snacks Outside of School Day	1	511
Schools: Active Recess	2	984
Schools: Before and After School Physical Activity Opportunities	1	473
Workplace Wellness: Access to Active Living	1	85

## Wabasha County

### Growing healthy food to enhance menu options

The entrees at Saint Elizabeth’s Medical Center and Health Care Center in Wabasha burst with flavor, brim with color and teem with freshness.

A raised garden bed provided fresh produce and herbs that went directly to patients and beyond, thanks to support from Wabasha County SHIP.

It began early in the year with construction of two raised beds by a team of volunteers at the hospital. The garden produced an array of fresh herbs and vegetables, and increased access to fresh foods for the hospital patients, staff and visitors.

“We selected herbs as our first focus,” explained Paula Thompson, registered dietitian and director of Nutrition Services. “Our goal was to reduce sodium in many of our dishes and replace salt with healthier options. Basil, parsley, thyme, cilantro, rosemary, sage, dill and tarragon, which offer interesting and tasty alternatives.” They also grew cherry tomatoes, radishes, lettuce and peppers for soups and other dinner favorites.

The work is a great step forward for healthier eating. According to the Centers for Disease Control and Prevention, reducing sodium intake to recommended levels could save 11 million cases of hypertension and save billions of dollars of health-care expenditures in the U.S.

In 2017, there were more than 20,000 meals served using fresh produce and herbs from the garden, benefitting patients, nursing home residents, visitors and staff ordering from the hospital café. “Our staff picked garden goodies in the morning and we served these items at lunch or dinner time. The taste of garden-fresh produce cannot be beat,” said Thompson.

## Highlighted Accomplishments: Wabasha County, 2016-17

Focus Area	Partner Sites with a PSE Change	Reach of PSE Changes
Active Living: Increased Access to Facilities and Opportunities	1	2,659
Healthy Eating: Farmers Markets	4	33,648
Healthy Eating: Emergency Food Programs/Systems	2	2,900
Workplace: Access to Healthy Eating	3	378
Workplace: Breastfeeding Support and Facilities	5	525
Schools: Farm to School	3	540
Schools: Healthy Snacks During School Day	3	540

## Washington County (Living Healthy in Washington County)

### Transforming how healthy foods are showcased

Eating right is easier when healthy food options are nearby. That's why Family Pathways recently transformed the way it showcases healthy foods at its Forest Lake Food Shelf, which serves more than 7,000 clients per year.

The new design and layout encourages clients to choose healthier items by improving the visibility and presentation of fruits and vegetables, whole grains, dairy and lean proteins.

With SHIP funding, Family Pathways purchased a new three-door glass front cooler to better display fresh produce. Cardboard boxes were replaced with new shelving and brightly-colored baskets to store and display fruits and vegetables such as apples, peppers and bananas.

Across the food shelf, colorful, easy-to-read signage is used to highlight healthy food options. Family Pathways also displays recipe cards to offer guidance on cooking nutritious meals with ingredients offered at the food shelf. These enhancements capture the attention of shoppers and inspire them to try produce they may have never tried before.

Volunteers at Family Pathways expressed increased confidence explaining the importance of healthy foods at the food shelf and encouraging healthy options with clients. One volunteer said, "I didn't realize that nudging clients to eat healthier could be so easy!"

Family Pathways plans to roll out similar strategies to its eight other food shelf locations nearby.

## Highlighted Accomplishments: Living Healthy in Washington County, 2016-17

Focus Area	Partner Sites with a PSE Change	Reach of PSE Changes
Active Living: Comprehensive and Master Planning	1	246,670
Healthy Eating: Emergency Food Programs/Systems	4	18,204
Tobacco: Smoke-Free Housing	1	83
Child Care: Training/Technical Assistance on Physical Activity	4	218
Workplace: Access to Healthy Eating	4	293
Workplace: Breastfeeding Support and Facilities	3	848
Schools: Healthy Snacks During School Day	14	8,126
Schools: Smarter Lunchrooms	9	4,946
Schools: Active Classrooms	28	15,218

## Winona County

### Bringing better health to recovering addicts

An innovative effort launched in 2017, with Winona County SHIP leading the way to bring better health to recovering addicts.

Drug Court of Winona and SHIP are providing nutrition education to participants of Drug Court, giving them knowledge and materials needed to create better eating habits on a cost-effective budget and hands-on lessons in preparing meals that are healthy, quick and affordable. The initiative aims to prolong and improve the lives of participants by helping them recover from addiction and stop an unhealthy cycle of replacing drugs with unhealthy, excessive eating.

SHIP supported the effort with funding and training.

The first group of participants were thrilled with the class and the results. "Participants learned about cooking utensils, sampled recipes, learned cutting and slicing skills, as well as the basics of how to use an oven and what temperature meats should be cooked at," said Carin Hyter, Winona County Drug Court Coordinator. "The participants loved the fajita meal so much that they have decided to prepare this at our first annual alumni fundraiser this winter!"

When asked why participants wanted to be in the class, one person said that she wanted to make "sober memories with sober friends."

The nutrition education work is expected to reach dozens of drug court participants.

## Highlighted Accomplishments: Winona County Community Services, 2016-17

Focus Area	Partner Sites with a PSE Change	Reach of PSE Changes
Active Living: Increased Access to Facilities and Opportunities	2	27,437
Workplace: Tobacco-Free Environments	2	140
Workplace: Access to Active Living	4	340
Schools: Farm to School	6	3,318
Schools: Safe Routes to School	1	437
Health Care: Clinic-Community Linkages	1	12,000
Health Care: Evidence-Based Programs	1	12,000

## Wright County (Live Wright)

### Recognizing breastfeeding friendly child care providers

In early March 2017, Big Woods Child Care in Delano became the first Wright County child care to receive a breastfeeding friendly designation from the Minnesota Department of Health.

“Out of the 24 infants we care for here, 12 are currently being breastfed. We want to support all our parents in caring for their children,” said Erin Norstedt, owner of Big Woods Child Care. “Partnering with parents is very important to us.”

Staff from Wright County SHIP approached Norstedt with the idea in late 2016, and she quickly started the application.

“What made the process easy is that we were already meeting many of the requirements,” Norstedt said. “We purchased some additional equipment with funding from SHIP and hosted training for our staff, but our goal has always been to create a comfortable space for families.”

The application process for designation includes meeting 10 requirements, all designed to create an environment that promotes breastfeeding. These range from training staff members to support breastfeeding to creating a safe space for mothers to breastfeed at the center.

It is widely recognized that breastfeeding babies for at least the first six months of life benefits their health and well-being. Breast milk contains all necessary nutrients and helps protect the baby from illness and infection. There are also many benefits for the mother, including lowered risk of breast cancer, ovarian cancer and osteoporosis.

## Highlighted Accomplishments: Live Wright, 2016-17

Focus Area	Partner Sites with a PSE Change	Reach of PSE Changes
Active Living: Comprehensive and Master Planning	1	128,691
Healthy Eating: Farmers Markets	2	1,950
Tobacco-Free Living: Smoke-Free Housing	13	419
Child Care: Technical Assistance on Physical Activity	2	145
Workplace: Access to Healthy Eating	2	428
Schools: Quality Physical Education	1	342
Health Care: Clinic-Community Linkages	2	400
Health Care: Evidence-Based Programs	1	200

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